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## The Effect of Positive Thinking

Dear students, I think you have all seen your 1<sup>st</sup> term uniform test results. How do you feel these days? Are you satisfied with what you have achieved? Are you worrying about your results in the future tests and examinations?

From time to time your teachers encourage you to think positively toward examinations and tests. Are you aware of that? Positive thinking will help you overcome difficulties and make the best things happen.

What is positive thinking?

Positive thinking is a mental attitude that expects good and favourable results. It is very useful for you, when you're facing challenges --- like examinations and interviews.

**A positive mind always expects happiness, joy, pleasing and successful outcome of every situation and action.** Being positive can help you overcome many difficulties.

But the problem is **not everyone accepts or believes in positive thinking.**

Somebody may think it is just nonsense. Some others will think that people who believe in and accept positive thinking are too simple-minded or too immature.

It is quite common to hear people say: "think positive" to someone who feels down and worried. Most people do not take these words seriously, as they do not know what they really mean, or do not consider them useful and effective. They may think their friends only use the words to comfort themselves.

**Many people do accept that positive thinking is useful but don't know how to think positively.**

*I would like to use the following story to show you how positive thinking can work.*

The story begins with two young men looking for a job.

**Peter** applied for a new job, but as his self-esteem was low, and he considered himself a failure and unworthy of success, he was sure that he was not going to get the job. He had a **negative attitude** towards himself, and believed that the other applicants were better and more qualified than him. Peter felt upset and lacked of confidence. He had many unsuccessful experiences that made him very negative. His mind was filled with negative thoughts and fears concerning the job for the whole week before the job interview. He was sure he would be rejected again this time. On the day of the interview he got up late, and to his horror he discovered that the shirt he had planned to wear was dirty, and the other one needed ironing. As it was already too late, he went out wearing a shirt full of wrinkles.

During the interview he was tense, displayed a negative attitude, worried about his shirt, and felt hungry because he did not have enough time to eat breakfast. All this distracted his mind and he felt very uncomfortable and confused during the interview. His overall behaviour made a bad impression, and consequently his fear came out and of course, he did not get the job.

**Paul** applied for the same job, but he had a totally different mind set. First of all, he was sure that he was going to get the job. **He was positive.** During the week preceding the interview he kept on telling himself to make a good impression and get the job.

On the evening before the interview he prepared the clothes he was going to wear, and went to sleep a little earlier. On the day of the interview, he woke up earlier than usual, and had a lot of time to eat breakfast, and arrive at the place of interview before the time of the interview.

He got the job because he made a good impression. Of course he had also the proper qualifications for the job, so did Mr Peter.

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**What have we learnt from this story? Is there any magic employed here?**

No, it is all natural. When our attitude is positive, we get pleasant feelings and constructive images, and in our mind, we expect only good things to happen. This brings brightness to our eyes; we become more energetic and filled with happiness. Even our health is affected in a beneficial way. We walk with our heads up and our voice is more

powerful. Our body language shows the way we feel inside.

*How can we become positive always? The following are some of my suggestions:*

- (1) In order to turn your mind towards the positive side, you need to have some training and prepare your mind for it. Attitude and thoughts do not change overnight.** Read about this subject, think about its benefits and persuade yourself to try it. The power of thoughts is a mighty power that is always shaping our life.
- (2)** Always try to see only favourable and beneficial situations. Talk to yourself by using positive words. Smile a little more, as this helps you to think positively. Disregard any feelings of laziness or a desire to quit. If you insist on doing so, you will transform the way your mind thinks.
- (3)** Once a negative thought enters your mind, you should try hard to replace it with a constructive one. In case you feel any inner resistance when replacing negative thoughts with positive ones, do not give up, but keep looking only at the beneficial, good and happy thoughts in your mind.

My dear students, think positively, expect only favourable results and situations, and circumstances will change accordingly. It may take some time for the changes to take place, but eventually they do.