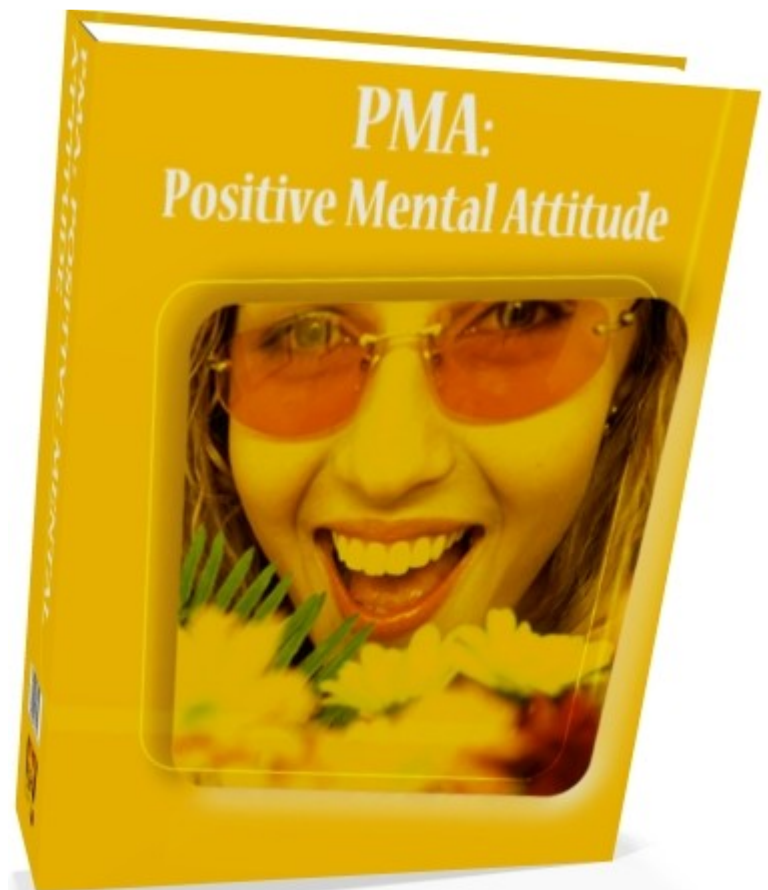


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# PMA: Positive Mental Attitude

**How to Use Positive Thinking in  
All Areas of Your Life**



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## INTRODUCTION

*“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind.”- William James*

In the fast-paced world we are living today, life is busier, more hectic, more stress-filled, more tension-filled, and much more demanding than anything humankind has ever encountered in any previous era.

Life now requires more concentration, more stamina, and more energy than ever before. Technology has given us more free time and yet has filled those extra hours with more noise and confusion than any other time in human history.

So how are we supposed to handle this kind of demanding, busy, noise-filled stressful life? We need something that will help us get through our busy days and nights, help us to relax, and help us to handle our lives in a more graceful way.

That’s where this eBook comes in. In this information-packed special eBook, you’ll learn how to make it through each day, with your nerves and peace of mind intact. Read each chapter to find out how you can not only make it through life more calmly, but also influence others to find their own positive energy.

## CHAPTER 1 - POSITIVE THINKING AND RELATIONSHIPS

*“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.” - Herm Albright*

Positive thinking, in its most simplistic form, depends on your attitude. It makes you a winner or a loser. It's up to you. Whatever you think you can or cannot do, you're right. And your thoughts and attitude totally control your path, your destiny, and your future.

Charles Swindoll said, “The longer I live, the more I realize the impact of attitude on life. Attitude, to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failure, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our attitudes.”

Attitude is a choice. Remember Shakespeare's Hamlet, who said, “To be or not to be, that is the question.” Your very attitude will determine whether or not you will be. It's all in your mind.

“A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild. But whether cultivated or neglected, it must and will bring forth. If no useful seeds are put into it, then an abundance of useless weed-seeds will fall therein and will continue to produce their kind,” according to James Allen, from *As A Man Thinketh*.

“You can accomplish anything, if you just put your mind to it,” said George McFly from “Back to the Future.”

It is essential that you develop strength of character. When you do, people around you will admire your fortitude. You must accept life as it comes and avoid a constant pity-party. Be strong and cope well, and the world will stand with you. But whine and you stand alone. So no more excuses, no more whining. Stop telling yourself what you can't do; and do what you know you must do. Then do it to the best of your ability.

Positive thinking means also putting effort in order to fulfill your true potential. Life is about you and how you feel about yourself, not about whether you're born to riches or poverty. It's not about a list of relationships you've been in and it's not about what you look like. It's not about how much stuff you've accumulated or your status in the world's eyes.

It's about your self-image. So, what's important to you? You must choose it or it will be chosen for you. You snooze, you lose.

Many are capable of greatness, but they fail not because they didn't have what it takes, but because they held back on their ability. Maybe they're afraid to just let go and give it everything they've got.

Too many use the half-minded approach - they never really give it their all. Don't approach anything with half your mind engaged. William James told us, “There's no more miserable human being than one in whom nothing is habitual but indecision.”

You must learn to trust yourself and give life everything you have. You might be asking, “What if I make mistakes?” Well, what if you do? You're human, aren't you? You are going to make mistakes, lots of them. Who cares?

What's important is whether or not you learn from those mistakes. When you do, pat yourself on the back and remind yourself that there is no such thing as impossible. Impossible is doable, it just takes a little longer.

So, we've learned that a more positive attitude can literally change your life and make you happier and successful, but only if you choose to do so. Attitude is everything.

And with that in mind, let's talk about how you can start changing your attitude. For some, it might be as simple as flipping a switch. But for many, it takes practice, and lots of it. Each detail must be explored and added to your day. Do you wake up in the morning, jump out of bed, and say, "Good morning, Lord." or do you drag yourself from the bed, muttering, "Good Lord, it's morning."

Facing the day is a good place to start. For many, that's where it all starts to come apart. We dread getting up in the morning and having to face our day. Many people especially dread Mondays. They resist giving up that weekend and going back to work (many call it drudgery).

In order to turn that around, you need to find something good about getting up and starting your day. If you're married, or otherwise involved with someone, try spending some time with that significant other. Have breakfast together, talk a few minutes, and smile at each other. I guarantee it will make a huge difference in the way your day starts. If children are a part of your life, spend some time with them too. Children have a way of looking at the world that can change your attitude forever, if you let it.

Spend a few extra minutes on your appearance. It's true that "clothes make the man, or woman." What they don't tell you is that clothes make you feel different about yourself. Taking care of your appearance makes you feel more confident. If you know you look good, you'll feel good too. It's a real spirit lifter. There's an old Hasidic saying that goes, "The man who has confidence in himself gains the confidence of others."

Watch your words and thoughts. Instead of saying to yourself, "Oh great, another Monday morning to get through." try seeing the more positive side to things. Monday morning could mean another new start, a new week to make a difference and be more productive.