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“POSITIVE THINKING – KEY TO SUCCESS IN LIFE ”

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ABSTRACT:

Positive Action Combined with Positive Thinking Results in Success. Negative thinking involves us into thoughts of sadness, anger, depression, disillusionment, or despair. Positive thinking is a mental attitude in which you expect good and favorable results. In other words, positive thinking is the process of creating thoughts that create and transform energy into reality. A positive mind waits for happiness, health and a happy ending in any situation. A major effect of constructive reasoning is on associations with individuals. Positive scholars emanate a sort of atmosphere that just pulls in others toward them. If we take the road of positive thinking, whether from others, or by thinking positively about our goals ourselves, it will lead to success. However, if we listen to negative comments of others, or our own negative self-talk in our minds, we may become discouraged, give up and not reach our goals.



KEYWORDS: Positive thinking, attitude, reduces tensions, success in life.

1. INTRODUCTION

Shiv Khera is a renowned author of several books and has an enviable readership. In the following quote he highlights the importance of positive thinking in achieving success. “Your Positive Action Combined with Positive Thinking Results in Success” ... Shiv Khera Thinking has been divided in two categories. Negative thinking and Positive thinking. Let us first understand what a negative thinking is. Antagonistic reasoning is a manner of thinking where individuals will in general locate the most exceedingly awful in all things, or lessen their desires

by thinking about the most exceedingly awful potential situations. ... Negative thinking involves us into thoughts of sadness, anger, depression, disillusionment, or despair. Once we are in that cycle, it is hard to emerge. The opposite approach would be positive thinking, approaching situations or circumstances with a positive attitude. Against this back drop let us understand what a positive thinking is. Positive thinking is a mental attitude in which you expect good and favorable results. In other words, positive thinking is the process of creating thoughts that create and

transform energy into reality. A positive mind waits for happiness, health and a happy ending in any situation. Positive thinking is a mental and emotional attitude of expecting good and favorable results, and not getting discouraged when plans do not proceed as expected. It means trying over again and not accepting defeat. Positive thinking looks for solutions, whereas negative thinking dwells on the problems and obstacles. It is an attitude of focusing on the good and positive in a situation, and not on the negative. With this frame of mind, you don't accept defeat, and do not allow anything negative to affect your mood and

state of mind.

2. IMPORTANCE OF POSITIVE THINKING

Positive minds are powerful minds. We can do and accomplish nearly anything with a mind that has the eagerness and assurance to do it.

We will in general censure others for our very own disappointments and misfortunes. We feel that they added to our destructions. Next time anything turns out badly or any inconvenience transpires, think about making an individual evaluation and examination of the circumstance. Sometimes, it is our mind that controls what we do and how we respond to individuals and conditions.

One valid justification to rehearse positive reasoning is that it greatly affects our psychological, enthusiastic and physical wellbeing.

With less pressure, we experience our day by day exercises easily and feel increasingly loose. On the off chance that you see things in a positive methodology, your manager will see your diligent work and approach towards your activity. Indeed, even the general population around you will respect and welcome the manner in which you see things in the workplace. Positive reasoning achieves a superior point of view toward work and a superior profession for you.

A major effect of constructive reasoning is on associations with individuals. Positive scholars emanate a sort of quality that just pulls in others toward them.

A positive person anticipates happiness, health and success, and believes he or she can overcome any obstacle and difficulty.

3. BENEFITS OF POSITIVE THINKING:

Following are the benefits of positive thinking:

1. Fortifies your immune system
2. Boosts your ability to cope with stress
3. Lowers your risk of heart disease
4. Reduces rates of depression
5. Lengthens your lifespan

A positive thinking person focuses more on the good in people, not on the bad. This is the attitude of being a happy and good-natured person, who keeps a bright outlook, despite difficulties and obstacles. A person who possesses this attitude is happy and joyous, and does not let problems and negative people to affect the mind, emotions and behavior.

If you wish to excel in business, sport, politics, acting, singing and entrepreneurship, or in any other area, you need to adopt a positive thinking attitude. True, you also need the necessary skills and expertise, but they will not get you far without optimism, hopefulness and expectation of success.

Humans have a predisposition to negativity. We give undeniably more consideration to dim feelings like indignation, trouble, torment, and dissatisfaction than we do to incredible emotions like happiness, appreciation, and satisfaction.

Thinking may very well be the most ideal approach to clear antagonism from your life and realize enthusiastic and otherworldly recuperation.

Reflection revives the psyche, makes us stronger, and frees the collection of hurtful synthetic concoctions that reason pressure and uneasiness; it focuses us. Yoga is also very relaxing, which helps ease your mind.

Be always smiling. Smiling stimulates positive thinking. It really does help change your mood and relieve stress. Having an appreciation disposition is truly utilizing the intensity of positive reasoning to its most astounding degree.

Much the same as with appreciation, benevolence has additionally been demonstrated to make us more joyful and less pushed. Staying in touch with loved ones is another way to keep a positive outlook on life.

Always remember that a man who works can only commit mistakes. A man who does not work at all how can he commit mistake? Therefore, remove the guilty feeling and start afresh. Remember no one is perfect. Your approach should be positive to rectify the mistakes if any committed and try to have solutions for the same.

Develop some hobby and whenever you feel sad leave it and get engrossed in your hobby to get relaxed. You may sing a song, or paint a picture or plan to go for outing.

Following are few tips which produce positive mindset.

1. With conscious efforts start the day on a positive note. Resolve that you will be doing at least little progress in your pursued activity. We exchange good morning and good day pleasantries keeping this aspect in view only.
2. Try to develop an attitude of focusing your attention on the positive side of any issue that comes to you for consideration. You should always try to solve the problem rather than making it further complex.
3. Humour is the best medicine to release tensions. However, it should be apt to the situation. If you crack a joke on yourself it further helps to ease out the tensions.
4. When you meet a failure, try to go to its root cause and think afresh and take remedial actions without thinking of failure and blaming yourself.
5. Always think of the current moment. Majority of the problems stem from the past memory. Therefore, focus your attention on the current moment.
6. Try to develop friend circle who always think positive. It should be done with conscious efforts. Practicing these steps will increase your positive attitude. Be with the mentor who believes in positive thinking.

Bruce Lee once said, "Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it"

4. CONCLUSION

Undoubtedly that everyone aspires for success in life. Life is a complex phenomenon and full of issues. Positive attitude can be cultivated through conscious efforts. One has to develop a positive attitude to achieve success in the life. We have also seen that the positive thinking has a sound effect on one's health. If we take the road of positive thinking, whether from others, or by thinking positively about our goals ourselves, it will lead to success. However, if we listen to negative comments of others, or our own negative self-talk in our minds, we may become discouraged, give up and not reach our goals.

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