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Some positive thoughts

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Positive thought quotes can be just what you need to inspire to think more positively. We live in very difficult times. When you watch the news or read your social media, it seems that people are more angry, depressed and stressed than they have ever been. It's easy to feel negative about life right now, but I hope these positive quotes of thought will encourage you to see the positive side in it all. Among the quotations, I also added some studies on positive thinking that you might find interesting. 47 Positive Quotations of Thought 1. "The positive thinker sees the unseen, hears the intangible, and reaches the impossible." -Winston Churchill 2. "Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change." - Unknown 3. "Keep my positive word. Words become my behavior. Keep my positive behavior. Behavior becomes my habit. Keep my positive habits. Habits become my values. Keep my positive values. Values become my destiny." - Mahatma Gandhi 4. "Look for something positive in every day, even if some days you have to look a little harder." "Don't let a bad situation bring out the worst in you. Choose to stay positive and be the strong person God created you to be!" "To take positive action, we need to develop a positive vision here." - Dalai Lama 7. "Thinking positive, being positive and positive things will happen". - Unknown 8. "Stay positive and strong, even when you feel like everything in your life is falling apart. Your efforts will soon be rewarded." -consultation 9. "Discipline your mind to think positively. Discipline your mind to see the good in every situation and look at the best side of every intention" - brainhackquotes Researchers found that a positive attitude towards math was linked to achieving the theme. Thinking more positively has led to improved functioning in the brain's memory center. Imagine how a positive attitude could help you improve in other areas of life. Stanford Universty Positive Thought Quotes for Today 10. "Live life to the fullest and focus on the positive." - Matt Cameron 11. "Success is a state of mind. If you want success, start thinking of yourself as success." - Joyce Brothers 12. "If you have a positive attitude and constantly strive to give your best effort, you will eventually overcome your immediate problems and find you ready for big challenges." - Pat Riley 13. "Positive thinking will allow you to do everything better than negative thinking." - Zig Ziglar 14. "A little positive thought can change all day long." - Zig Ziglar 15. "A positive attitude gives you power over your circumstances instead of your circumstances that "Unknown. 16. "Change your thoughts and change your world." Norman Vincent Peale 17. "Plant seeds of waiting in your mind; cultivates thoughts that anticipate the achievement. Believe in yourself how to be able to overcome allNorman Vincent Peale 18. "Positive thinking is more than just a slogan. Change the way we behave. And I firmly believe that when I'm positive, it not only makes me better, but it also makes those around me better." - Harvey Mackay A study found that being in a positive mood helps the human brain to think more creatively. Participants who were happier after watching happy videos and listening to happy music were more successful in learning a rule to classify models. Increase your creativity by thinking positive. Association for Psychologists Science Positive Thought Citations for Work 19. "I learned that positive thinking and encouragement are essential to leadership and progress." - Richard M. Devos 20. "Your positive action combined with positive thinking results in success." - Shiv Khera 21. "Positive thinking is a valuable tool that can help overcome obstacles, face pain and achieve new goals." - Amy Morin 22. "I really believe in the power of positive thinking and the collective power of people's thoughts that generate something in becoming reality." Finn Balor 23. "A positive attitude provokes a chain reaction of positive thoughts, events and results. It's a catalyst and triggers extraordinary results" Wade Boggs 24. "All I can control is myself and continue to have a positive attitude." - Rose Namajunas Washington University Researchers found that positive thoughts helped athletes stay with their training routine. When examining answers to a number of questionnaires, those who believed in the benefits of the exercise were more likely to exercise. Focus on the positive when it comes to your tasks in life so you can be more likely to do so. Washington University In St. Louis Positive cites about life 25. "The happiness of your life depends on the quality of your thoughts; Therefore, keep in mind that you do not entertain any notion unsuitable to virtue and reasonable nature." - Marcus Aurelius 26. "A negative mind will never give you a positive life" - Unknown 27. "Those who are free of bitter thoughts surely find peace." - Buddha 28. "We are what our thoughts have done to us; So take care of what you think. Words are secondary. Thoughts live; they travel far" - Swami Vivekananda 29. "When negative thoughts come and they will do it; they come to all of us - it is not enough not to dwell on it... You have to replace him with a positive thought." "You can't control the world, but when you control your thoughts, you bring order." - Bernie Siegel 31. "Be a love force as often as possible and take away negative thoughts whenever you feel them on the surface." - Wayne Dyer 32. "It only takes onepositive when it has given the chance to survive and prosper to overwhelm a whole army of negative thoughts". - Robert H. Schuller 33. "If things are not going so well, I try to stay positive and not give in to negative thoughts." - Rosanna Arquette The Association for Psychology Psychology found that people who have a positive outlook on life are less likely to experience memory decline as they age. Participants with higher positive affection, which refers to feel more joy and enthusiasm, kept more of their memory.Association for Psychological Science Funny thinking positive quotes 34. "A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort". - Herm Albright 35. "Always be positive. I'm going down the Whew stairs, I'm going down those stairs fast". - Unknown Positive Thought Quotes for 2020 36. "We can change our future simply by changing our attitude towards the positive. Simple but powerful!" - Zeenat Merchant Syal 37. "Positive thinking evokes more energy, more initiative, more happiness" â Unknown 38. "Positive people have negative thoughts, they just don't let those thoughts grow and destroy them". - Unknown 39. "I will remain calm in times of stress and anxiety, so as to allow positive thoughts and actions to manifest from me". - Leon Brown 40. "Once you replace negative thoughts with positive ones, you'll start to have positive results". - Willie Nelson The University of Alberta concluded that positive expectations in whiplash patients helped them recover three times faster. Those with lower expectations were more likely to continue to show symptoms six months later. Have positive expectations about your wellness to help you recover better when you need it.University of Alberta Power of Positive Thinking cites 41. "Your world is the thoughts you have about your experiences" 42. "Believe in yourself! Have confidence in your abilities! Without a humble but reasonable confidence in your own powers, you cannot be successful or happy" 43. "When you expect the best, you release a magnetic force in your mind which, by a law of attraction, tends to bring you the best". 44. "However, to a large extent, from our thoughts and attitudes, we distill from the ingredients of life happiness or unhappiness for ourselves. Who wants it, who wants it and who learns and applies the right formula can become a happy person". 45. Â"The way to happiness: keeping the heart free from hate, the mind from worries. To live simply, to expect little, to give much. Spread the sun, forget about yourself, think about others. Try this for a week and you'll be surprised". 46. "Formulate and indelibly imprint in your mind a mental image of yourself as a success". 47. "You can think your way about failure and unhappiness, but you can also think your way about success and happiness". The Mayo Clinic notes that research has shown that positive thinking can lead to levels of of stress, to better psychological and physical well-being and a better ability to deal with. All these things and much more can encourage us all to lose weight more positively. Mayo Clinic What is positive thinking? While there is no precise definition of positive thinking, in general, positive thinking involves thinking thoughts with joy, joy,and optimism. People focus on believing that best things can happen to them, and that their overall life is good. Positive thinking has been shown to reduce stress and cardiovascular problems. When we think that good things can happen, we are more likely to notice the opportunities that make them happen. What are some positive sayings? "When everything seems to go against you, remember that the plane takes off against the wind, not with it." - Henry Ford "It always seems impossible until it is finished." - Nelson Mandela How do you create a positive mentality? Create a positive mindset by setting up a thinking model during the day. In the moments when you are ready to feel negative, take a breath, and then try to think something positive about the situation. You can also practice the search for humor in situations that are bad. One thing I started taking the habit of doing is having motivational quotes to watch to start my day. Gets my mindset in a positive frame of mind to start the day. At the end of the day, reflect on what you are grateful. It is shown that gratitude makes us happier. Who said he thought was positive? It is unknown who invented this phrase, but it is worth using it as a mantra throughout the day. It is my hope that these positive thinking quotes inspired you to think more positively. Practice finding the positive throughout the day. You think the best things you want can happen. Look how your life changes. TED Talk On Positive Thinking You might like these quote articles: 33 Self-reflection quotes that inspire you to change 15 inner quotes for peace that will calm you the extraordinary quotes that will allow you in 2020 quotes on how to try new things will be inspired by

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