

The power of positive thinking: Expect great things

Written by Penny Jones-Richardson
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Today is a very special day for me.

Today something amazing is going to happen because I believe it will. This is how I start each and every day. I start my day out by saying this out loud and believing this in my heart. This is my daily "motivational moment."

Sometimes it takes hearing something positive out loud to believe it to be true. It doesn't matter if you say it or someone else is saying it to you. When you say something enough times you start to manifest it into reality. Rather it is good or bad.

I can remember telling myself a lot of bad things about myself. I started to believe that was who I was and that was how my life was going to be. But soon I learned that positive thinking can change your situation for the better. I learned if I spoke positive things over my life, then positive things would happen in my life. It is amazing how this works.

Start to concentrate on the good and more good will come to you.

I know you have those days when you just can't seem to find anything positive to say at all. Some days are full of negativity all around you and this is all you see. So you're probably thinking, "How do I find something positive in this?"

The answer is to close your eyes and give thanks for the things that you have at that moment. There is always something to be thankful for – be it a roof over your head, clothes on your back, food to eat, healthy children, and the opportunity to still be alive. These are just to name a few. If you think hard enough I know more will come to you.

The power of positive thinking can turn your day from a bad day to a day where you are looking forward to the great things that are to come. So start every day with this in mind. Start every day believing in miracles and that you are going to experience great and positive things.

And as always remember, stay focused, stay determined and keep striving for greatness.

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