

## Start your week on a positive note

Written by Penny Jones-Richardson  
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Let's start this week with positive thoughts.

Let's forget about all of the disappointments of last week and focus on the wonderful things that are in store for us this week. Let's forgive someone who hurt our feelings last week and remember that we are all humans with flaws. Let's complete the projects that we started last week, but decided to put them off for a later date. Let's remember to show gratitude and to say "thank you" when someone helps us out.

These are just a few ways to start your week on a positive note. When we think positive thoughts we bring positive energy into our lives. When you think negative thoughts, then negative energy creeps in. Do you remember the last time you were so happy that you couldn't stop smiling? Do that again this week. Today, every time a negative thought enters your mind think about all of your blessings and accomplishments and start smiling again. Think of your loved ones and how great it is to say that you have family and friends that you care about. Staying positive can quickly make you look at any hopeless situation and see a silver lining somewhere in it.

I can remember a time when I really wanted to move to another job in another state, but was not offered the position. It was hard on me at first, but my positive thoughts kept me smiling through it all. Yes I wanted that job, but I knew that there was something better waiting on me right where I was. And of course I was right. I was offered a job much greater than what I previously had in mind in the other state.

Staying positive sometimes takes more than just smiling however. It takes saying positive things out loud also. Tell yourself that this week will be the best week ever. Tell yourself that this week you will complete all projects. Tell yourself that this week, you will show those you love how important they are to you. Staying positive can make any situation easier. The key is to appreciate the lesson and know that something great is to be learned in every situation.

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

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