

Motivational Moments: Change your thinking, change your life

Written by Penny Jones-Richardson
Tuesday, 05 November 2013 13:52



Today was a *great* day.

Not because of anything in particular, but because at the end of every day I give thanks for all with which I am blessed. Today was a great day because I was able to work on some of my long-term goals and to help others focus on their goals. Today was a great day because I have so much hope for tomorrow and I look forward to achieving my greatness.

At the end of every day I like to reflect on all of the blessings that I have for which to be thankful. I also am truly grateful for the joy that each day brings and I am very optimistic that each day is another opportunity that I have been given to achieve my goals. In adopting this attitude of appreciation I have learned that in every situation there is something for which to be thankful.

I can remember a time in my life when it was really hard for me to look at the bright side of a situation. But as soon as I learned to humble myself and to be thankful for what I already had, things started to turn for me. When I stopped concentrating on what I didn't have and started looking at my many blessings, my life started to change. When you take the focus off the negative and focus on the positive, you will then start to see things differently, and from a different perspective.

This is something that you can practice daily. When you think about all of the things you wish

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you had, think about all the things you have. When you start to think about all of the time you wasted in life doing the wrong things, think about all of the lessons you learned along the way. When you start to think about how you wish your life were different and how you wish things could change, think about how you will accomplish that change. When you change your thinking, you can change your life and become that positive person you always wanted to be. Be grateful for what you already have, and watch how your life will turn for the better. I know that sometimes this is easier said than done, but if you start to practice this daily this will become a habit and you will begin to see all of the wonderful blessing that you never even thought about before. Once you commit to identifying all of the things you are grateful for, you won't have much room for anything else. You will have a "gratitude list" before you know it. And in doing this, it will open up the door for more blessings over your life.

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

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