

Pondering Point

In an age where there are wonder meds developed for every symptom we can think of, it is difficult to trust our health and well-being to something that we cannot swallow or even immediately see - **optimism**. The power of positive thought yields physical and emotional benefits to those who can maintain it. Researchers found that the brains of optimistic people actually light up differently on a scan than those who tend to be more pessimistic when they think about future events, www.Newsweek.com. Optimism motivates us to take control of our lives and teaches us that, though we may not always be able to control our circumstances, we can control our reactions. It is our choice.

And more good news, optimism is contagious! When we project a sense of hope and positive thought, it affects everyone around us as well. Maintaining a cheery outlook certainly isn't easy and will not take the place of hard work. We will still have days that challenge us. Optimism is how you choose to deal with what life throws your way, balanced with accepting what you cannot change. This powerful approach has been credited with healing the body, easing the mind, and transforming the soul.

So, forget the power suits, power ties and power bars – believe in the power of positive thought – the power of you!

The power of ME!

Do you believe in the power of yourself?



Imagine... harnessing the power of positive thought and transforming your life.

— From Pondering to Practice —

Activity

The most sustainable way to maintain positive thought is to have other people practicing with you.

Try this → Movies that Motivate

Check out any of these wonderfully motivating movies on the power of positive thought! Watch as these characters overcome the odds and push through the circumstances of their everyday lives. View the movie with others and discuss how this kind of optimism can help your community.

Rudy (1993) -- Rudy has always been told that he was too small to play college football. *Directed by David Anspaugh. With Sean Astin, Jon Favreau, Ned Beatty.*

Patch Adams (1998) -- A medical student in the 70's that treated patients, illegally, using humor. *Directed by Tom Shadyac. With Robin Williams, Daniel London, Monica Potter.*

Cool Runnings (1993) -- Based on the true story of the first Jamaican bobsled team trying to make it to the winter Olympics. *Directed by Jon Turteltaub. With John Candy, Leon, Doug E. Doug, Rawle D. Lewis.*

Self Reflection Activity

Some personality types find practicing optimism easier than others. Go ahead, give it try.

Try this → Take Back the Day

Take a full day to think only positively about the circumstances that come up in that 24 hour period. Use positive words when talking to yourself internally and with others. Smile a little more; this will help you stay optimistic. Be patient and combat any feelings of laziness or a desire to throw in the towel. If you persevere, you can actually transform the way your mind thinks.

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

-- Jimmy Dean