

# Power of Positive Thinking

Have you ever felt yourself thinking about all of the things that can go wrong in a scenario, or getting "pre-mad" before it even happens? Once the scenario passes and things did not turn out well, it then becomes a self-fulfilling prophecy.

What if, instead, you try to approach a new or challenging scenario with a positive mindset? The power of positive thinking can greatly influence your mood and behavior and help to develop your self-empowerment.

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Here are some ways to boost positive thinking:

·**Develop self-reflection:** Are you a glass half-empty or half-full kind of person?

·**Practice gratitude:** Relish the good moments and reflect on them.

·**Affirmations:** Your thoughts are the building blocks for your actions. Breaking negative thoughts will help to prevent negative actions.

·**Stop downplaying your successes:** Recognize the effort you put into positive thinking and celebrate those small successes.

