

Healing Journeys Energy
presents

*Develop a
Positive
Attitude*

Tamara Baruhovich

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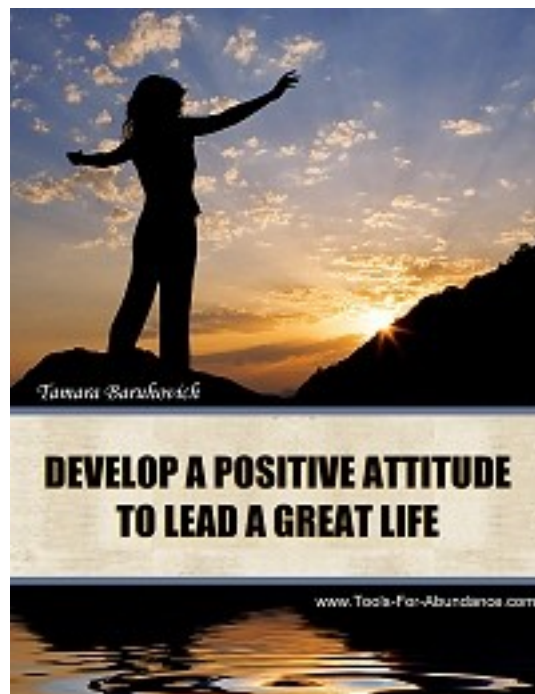
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January, 2009

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Develop a Positive Attitude to Lead a Great Life



By Tamara Baruhovich

Tools For Abundance

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About...

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Her new eCourse **“Discover Your Potential and Create the Life of Your Dreams”** is a workable program that will take you through 7 weeks of insight, learning, planning and implementing your step-by-step plan for you to achieve any goal in life.

Additional personal coaching is available with the purpose to guide and motivate you through the process needed to achieve tangible results by applying the concepts learned.

Join the mailing list to receive a free 7 part eCourse titled **“A Step by Step Action Guide to Activate the Law of Attraction in your Life”** plus an ezine filled with mind probing, insightful information.

Please find details in the **“Resource”** Section at the end of this eBook.

Introduction

Your attitude plays a major role in every single aspect of your life. If what you want is to get ahead and lead a fulfilled life, then you must learn to develop a positive attitude for success.

Your attitude reflects in everything you do and everything that happens to you. The Law of Attraction is basically a concept which explains that you attract what you think of the most, so whatever you put out comes back to you. If like attracts like, positive attitudes attract positive events and people into our lives. This is why we must learn to develop a positive attitude in everything we do. When we adopt a positive attitude, it is like setting a clear path for positive outcomes...

In order to make your attitude your ally, you have to learn how to transform your attitude so you can create the life you have envisioned. You also have to learn how to keep the best attitude possible most of the time as well as how to implement the idea of having a positive attitude throughout your life.

It can take some work to transform your attitude and even to maintain it, but it is well worth it. As you will learn your attitude can paint your whole life and you can change everything about your current situation just by letting your attitude lead you.

Transform Your Attitude and Make it Your Best Ally

If we look for the word “Attitude” in a dictionary it will say something like this... “Attitude is a hypothetical adopted state that reflects the like or dislike of an event, person or item.” This means that when something is not going our way, we are prone to develop a pessimistic view, a negative attitude.

Now, let’s look figuratively at the idea of transforming your attitude and making it your ally. This basically means that when things are indeed not going the way you’d like them to go, you can train your mind to become aware of the negative state, and transform it at will.

Yes, it is very possible. The key factor here is “becoming aware” of the mood and attitude that we are experiencing and consciously realize that with that kind of an attitude things are not going to magically change. However, when we DO change our attitude, we may indeed see the situation change even before we start doing anything!

This happens because when we adopt a positive attitude, our mind opens to more possibilities and outcomes. Once we notice that there is a variety of things that can be done about that particular situation, our general viewpoint changes which gives us the “fuel” to start doing something about it.

The attitude you display most often is going to reflect on the path you take in life, and in everything you do. In other words, your attitude will affect your life and it will help in determining what happens to you on a regular basis.

Let’s break it down a bit more and define in simple terms what “transforming your attitude and making it your ally” really means.

First, let’s define what an ally is. An ally is basically a path you travel down. But the word ally also means a partner, friend, contributor or helper. Both descriptions fit perfectly to attitude.

In other words, your attitude is the way you act, think, and treat those around you, thus it can be your helper, your friend. Moreover, your attitude affects everything in your life and “builds” a path as you go. Therefore, it greatly affects the way you think and how others treat you. Thus, it affects your path in life.

Then, to make your attitude your ally means to let your attitude guide you on your path as well as act as your friend or contributor. Your attitude will then shape everything in your life. You are going to be traveling down the path which your attitude leads you to.

So, if you identify you have a negative attitude towards something or somebody, the best thing to do is to transform your attitude to a more friendly form so your ally can be a positive path. You have to choose to adopt a positive attitude in order to make it your ally. As many other things in life –and especially in your Personal Development path- attitude is also a matter of choice.

Making your attitude your ally is about choosing what that ally is going to be. Is it going to be negative or positive? Is it going to be about hard work or laziness? Is it going to be about contributing or just taking? The attitude you choose to have in life regularly is going to influence everything that happens during life, so choose that ally wisely.

It is a common understanding that your attitude shapes many aspects of your life. Usually, people already know that a positive attitude brings about positive things, while a negative attitude brings negativity and pessimism.

What many don't know is that a positive attitude has a way of influencing our environment. However, it may not be in the way you think. Just because you have this positive attitude does not mean that everything will automatically go your way.

When you think positively you will be less likely to see the negative in things and therefore your environment will appear to change. It is all a matter of perception. When you choose to adopt a positive attitude, you will most likely start to notice more than ever the little things that you used to take for granted and that will have an encouraging effect on you.

You will start believing more in yourself, and as this [self-confidence](#) expands you will believe that you can accomplish anything by just aligning your mind with it. You will be able to set goals and reach them because you will believe that you can do it. You will not have that negative energy to hold you back.

A positive attitude is extremely influential. It will start to shape everyone and everything around you. You will be able to see the great power of this almost immediately. The power of a positive attitude is anything but subtle. It is truly like magic!

With this in mind, you have to decide what it is you want from life and consciously make the decision to pursue your dreams and wants from a positive attitude standpoint. Do you want positive outcomes, people and things? Then you know what to do.

While most people would consciously choose positive over negative, many attract negative outcomes because of their thoughts and attitudes. Even though this may be unconscious, it is the way it happens. If you think about it, this goes hand in hand with the saying... “Be careful what you wish for...”

Interestingly, people can deal better with positive things than with negative things. People want to have a happy life without problems. They want that life that seems to just flow without road blocks and challenges around every corner.

Of course, most people are going to choose a positive path for their life rather than a negative one because we are programmed by Mother Nature to be positive from birth. It is “life” what sometimes gets in the way, and this is why developing a positive attitude consciously is so important for a life of fulfillment and success.

In order to have good things come your way, you must determine to transform your attitude every time you notice it is down. When you do this consciously, you start creating a better reality and a positive attitude becomes your ally.

You must conduct yourself in positive ways, think about positive things, and live in a positive manner – if you want to make your attitude your ally. It takes effort and practice for sure, but it holds the power to transform your life.

Ways to Change Your Attitude

In order to get the influence of a positive attitude you have to first learn how to make your attitude your ally. And how do you do that? –you may ask...

You must start by believing in the idea that your attitude affects your life and what happens to you. If you struggle with believing in the premise that when you think positively positive things will happen, then the first step in making your attitude your ally is to change your way of thinking.

You have to believe in the idea that positive attitude equals positive results. And when you consciously and constantly you think of this premise, you will eventually believe it.

To aid in your believing, you have to start looking for proof. There is plenty around you. It should not be hard to find, since positive influence –and negative- is all around all of us. You just need to decide to become an observer.

Thus, the first step is to be aware of your surroundings and notice “things” that happen in your day to day life. Do you know of a coworker that is always moaning and whining? Do you know of a neighbor that is always smiling? Take note of how their days go.

Even by observing your bank teller or the grocery store cashier can give you some clues to determine how their days –and lives- are going according to their facial expressions which say a lot about their attitudes in general!

Now, try it out for yourself. There is no better proof than experiencing it firsthand. Take one single day and commit to having a positive attitude all day. Take notice of how others react to you.

Are they friendlier? Do people seem to help you out more than usual? Do you see more smiles while you go along your day doing your chores? What other things happen during the day? Can you see the positive attitude influencing other things in your life during the day?

As a point of reference, you may want to complain about everything and be grouchy for a day and see how things go for you too.

Once you have convinced yourself that your positive attitude really does influence your life, then you can begin to put the idea of making your attitude your ally into play.

And do never forget to keep it up. Let the positive attitude influence your life and let it lead you to good things. Eventually it will become a habit and you will live in positivism. You will start to see how it is bringing good things to you.

Making your attitude your ally should incorporate your ideas, your [thoughts](#), your [beliefs](#), your values, your actions, your body language and even your goals.

You have to make an effort to start turning all your thoughts and ideas into positive thoughts and ideas. You have to start pushing the negativity out of your head and let positive thoughts guide you.

Every time you notice your thoughts drifting to the negative side, you have to make a conscious effort to make them positive instead. Train yourself to always find the positive in anything. If you train your thoughts to go to the positive it will go a long way towards changing your attitude because this will directly influence your belief system. Eventually this belief will be a part of you permanently.

A clever idea to achieve a steady positive attitude is to constantly focus on the things that you do have and feel grateful for. It can be a gift that your child gave you, your partner's loving call, your job, your friend, your car, your home, the trip you were able to take this year, or whatever brings joy to your thoughts.

Reflect back on the fact that these things are what make life worth living. We sometimes give these things for granted without thinking of the many that do not have a love in their lives, or a job, a home, or a multitude of other things that we do have.

When you reflect on this and feel grateful from your heart, you will notice that it is impossible to feel grateful and be negative all at once!

Your body language says a lot about you too. [Body language](#) can tell others all about your attitude and personality. That is why it is incredibly important to make sure your body language is positive.

Body language is simply the way you move your body, the way you hold your posture, your facial expressions, and even your eye movement. Body language often corresponds with our attitudes and sometimes contradicts what our words are saying. Just imagine somebody telling you that they love you with a frown on their face and a deep tone of voice! Would you believe it?

When our body language and our words do not match, people are more likely to believe the body language as it is often an unconscious thing that gives away the truth. Words can be planned but most people are unaware of their body language. This is why we unconsciously pick on these non-verbal cues from others.

Positive body language is when your body is open. You do not want to do things that close your body off, like crossing your arms or leaning backwards. You also want to make eye contact and face people when talking to them.

And of course, add a smile to your face! A smile is the best body language you can display to others, and it also affects you. Keeping a smile on your face will benefit your attitude as well. Smiles have a way of making you feel good. Don't believe me? Try to smile and be sad at the same time!

So, always be sure to have a smile on your face.

Goals are important in any aspect of your life. Goals can help you make things happen. Setting positive goals and sticking to them will help you maintain your positive attitude too. Goals give meaning to your life as you have something to look forward to. You must make sure that your goals are aligned with your purpose and values though.

By maintaining your positive attitude and letting it lead you to good, you are making your attitude your ally, you are having a great time and you are achieving your goals... what could be better?

Definition of a Positive Attitude

Just to put it out there in clear terms, here is a checklist of what a positive attitude is and what it involves. Overall, the main ingredient is developing the right [mind-set](#).

Use this checklist to make sure your attitude is 100% positive. You may want to print it and read it often as you commit to transform your attitude.

A positive person will have the following characteristics:

- Upbeat and cheerful
- Looks at the glass as half full not half empty
- Can find the beauty in anything
- Thinks of the good before the bad
- Loves life
- Avoids negative words
- May seem silly at times
- Loves to have fun
- Never puts others down
- Genuinely cares about those around him/her
- Looks for ways to make others lives better
- Is a giver, not a taker
- Does not hurt others
- Can see the solution over the problem
- Willing to work towards goals
- Feels healthier

Do the things on this checklist seem like you or are they the opposite of how you act? Or you may have some of these characteristics and may need to improve on others? If you really want to be a positive person, you will make it a goal to see yourself fit this checklist to the "T". You will strive to become everything listed here until you can honestly claim this list describes you perfectly.

There are many ways you can begin to shape yourself into a positive person. Take some good tips to put to use in your life and help you become that positive person you strive to be.

Tips for a Positive Living Experience

Once we decide to take charge of transforming our attitude, it is rather simple to separate the positive from the negative. However, it can be quite difficult to stop yourself from running to the negative. You are not the only one; this happens to all of us. It is a part of life and it is simple human nature. It is something we are programmed to do.

Do not feel bad about this natural inclination. Instead, choose to do something about it. And realize that just by choosing this you will have begun to transform your attitude!

Here are some tips for adding some positive influence to your life:

1. **Find a happy place in your mind and in your home.** Create a place in your mind that is your ideal paradise. When you feel stressed or down just go to your happy physical place. Then go to your [happy mind place](#). Take a few moments to relax there and enjoy it.
2. **Get a hobby.** Doing something you enjoy and makes you feel fulfilled. It will raise your spirits and allow you to maintain a positive attitude frequently.
3. **Do Exercise.** While many people look at [exercise](#) in a negative way, it really can bring positive influences to your life. The body's reaction to exercise is a good one. When you exercise your body releases endorphins, the "happy" hormones that act as natural pain relievers and give you a sense of well-being. You will feel better and therefore act better if you adopt an exercise routine.
4. **Practice Affirmations.** [Affirmations](#) are phrases, verses or other short sentences that have a positive influence. Affirmations can be a quote, a verse from the Bible or even a line from a greeting card. The best ones however, are the ones you create yourself because they resonate with you. They are simply something that make you think positive or even just bring a smile to your face. Using an affirmation daily can perk up your attitude in an instant.
5. **Explore New Possibilities.** Instead of walking away from the unknown, be brave to walk towards it. In many occasions you will discover something powerful to help you evolve, and that will help build your positive attitude as you realize [you CAN do it](#). Do use good judgment though. What I'm referring to is not to recklessness but to the amount of opportunities that we let pass us by just because we allow our unfounded fear to take charge. Fear leads to negative attitude while courage to a positive one.

6. **Do Not Walk Away From a Challenge.** Be brave. Let yourself accept challenges and try creative ways to deal with them. Problem solving is an art that we can all master, but as anything else in life, it requires practice!
7. **Become a Helper.** The satisfaction we get just from the pleasure of helping others from the heart and without any personal gain or hidden agenda is one of the best experiences any human being can have. When you help others you are helping yourself. You are contributing to your positive attitude because you are feeling useful to others.
8. **Pretend.** The imagination is a wonderful thing. Allow yourself to go to some [make believe place](#). Get away for your normal life and pretend you are someone else. Have fun and you are sure to smile and raise your vibrational attitude.

You can take these tips and build upon them. You can surely come up with things that have a way of making you happy. You know what makes you smile, so take that and run with it. Allow whatever it is that makes you happy to guide you to your new positive attitude.

Using Your Attitude as Your Ally

After reading the prior paragraphs, it may seem easy to just make your attitude your ally. You probably will not need a lot of convincing to at least give it a try. What do you have to lose? If you are used to letting your attitude lead you, then it is something you are already familiar with.

One way or another, people make their attitude their ally all the time. Usually, they do it without even realizing it, and unfortunately the attitude is a negative one most of the time.

It is often easier to see how a negative attitude acts as an ally than how a positive attitude acts as an ally. This is just human nature to see negative over positive. We are more often drawn to drawing out the negative over the positive. Pessimistic attitudes seem to flood the world, while optimism is slowly drowning.

If you practiced the exercises mentioned on page 5, you can probably come up with many examples of how negative thinking or a negative attitude has turned into a negative situation. You can probably point out negative people and give plenty of examples how that negative attitude is influencing their life.

You may even be able to look at your own life and see how negativity has affected you. It's likely you have let a negative attitude direct you in at least one situation in your life.

Can you remember a time when your negative attitude caused problems in a situation? You can probably look at it now and see just how the negative attitude worked against you. Even if the situation was not a positive one to begin with, your negative attitude likely comes into play.

While this can teach you about how your attitude can become your friend or your enemy, it also teaches you that you want to do everything possible to make sure your attitude is mostly positive.

If you really want to make your attitude your ally and you want that ally to be positive, then you need to start looking at the positive in the world that surrounds you. You have to train your mind to find the positive in everything.

You have to learn to ignore the negative. And if you cannot ignore the negative, take it and turn it into a positive. Your life does not need to be crowded with negativity.

Think about your life for a moment. Imagine your ally. You will certainly see road blocks and other things that get in your way or cause you to not be able to walk the path you want. You may even have to work to get around these negative things. It happens to all of us at one point or another, as a perfect life path is non-existent.

When you choose for your attitude to be positive, then it is filled with positive things. There will be no roadblocks that you won't be able to handle. Anything that falls in your way is easy to get past. With an ally filled with positive things you will find that it is easier to travel and that you can get past anything that may come into your path.

You can clearly see that a positive attitude is much better than a negative attitude. You would, obviously, rather have an ally that is easy to get down, than one filled with things that get in your way and slow you down.

Using your attitude as your ally involves many levels of changing your life. You will have to change things daily, through your interactions with other people, your thoughts, your actions and your goals.

As mentioned, the way you shape your thoughts and goals will go a long way towards helping you shape your attitude and making your attitude your ally. When you get a hold of this, your beliefs change and they become too, your allies. Make sure you make a conscious effort to keep these things in mind.

When you interact with other people you are basically broadcasting your attitude. You want this to always be positive. People will react to you in a positive manner if you approach them in a positive manner. Your interaction with others is one of the most important things in your life.

You want those interactions to be positive. This will allow you to bring positive things into your life. A good example is during a job interview. If you approach the interview with a negative attitude then you likely will not get the job.

Go to the same interview with a positive attitude and you have a better chance of getting that job. The way you approach others can have a huge impact on your life, so make sure you are using your attitude as your ally when interacting with others.

Your attitude should be your ally every day. It will take some time to make it routine. In the beginning, you will likely have to work hard to make sure you are being positive in every aspect of your life. You will have to make an effort to stay positive and to think positive. It can be difficult, especially if you often give in to negative thoughts and actions.

It is also common when you approach a situation in a positive manner that you end up having a positive experience. People are more likely to help you and to go out of their way to make sure you get what you need when you approach things in a positive manner. So with your attitude as your ally, you are opening yourself up to a lot of positive experiences.

Using your attitude as your friend is about making everything in your life positive. That means associating with positive people, keeping yourself in positive situations and surrounding yourself with positive things.

You must get rid of negativity. You have to start being positive about everything. By doing this, you are creating your path. You are being the architect of your own destiny. You are paving your road with the positive and this will lead you to positive results.

What Your Positive Attitude Can Do For You

Once you start to live the idea of making your attitude your ally you will start to see changes, especially if you have been living with a negative attitude and have decided to change this.

Adapting a positive attitude and making it the path you travel through will impact your life in many ways. You are going to start to see the positive influence right away.

People are going to start treating you in a more positive manner. People respond positive to someone who greets them with a positive attitude. I am sure you have experienced this before. Think of a time when you gave a stranger a smile. They most likely smiled back, didn't they? That is a positive attitude at work.

It will not be that subtle either. You will be using your attitude to influence people in other ways, too. As you start to adapt your positive attitude to your life, you will begin to be able to see the positive in everything.

No matter what happens to you, your positive attitude will help you through it. You will find a way to overcome almost anything without getting [mad, upset, or depressed](#) about it. Basically, you will learn how to look at life differently.

You will be able to approach problems and difficult situations better. You will be able to handle adversity better. You will be able to overcome things that before would have dragged you down.

Making your attitude your ally may go even deeper than you could ever have imagined. If you suffer from an addiction, like smoking cigarettes, you may be able to quit once and for all just through making your attitude your ally.

Think about the reason behind smoking. Many people give reasons such as they smoke to deal with stress, to calm them down, to relax. If you have a reason like this, then you will no longer need to smoke once you make your attitude your ally. This is because you will be able to handle stress on your own.

You will also be less likely to experience situations that you feel you cannot handle. You will no longer reach for addictions, like cigarettes, to help you through stress because your attitude will be guiding you instead.

Quitting your smoking habit will become something that you will feel you can do because you will not feel that strong psychological need for a cigarette anymore. It is possible to help yourself through a hard habit, such as smoking, with your new positive attitude.

Even if you do not smoke, the same applies to other addictions. As an example let's talk about binge eating. In general people who overeat do it because of frustration or as a way to pamper themselves out of despair. When a positive attitude is adopted, more healthy habits are acquired to deal with problems and situations beyond control. In this particular case, a positive attitude helps to seek other ways to treat ourselves, such as a soothing bath, a peaceful walk in the trees or a nice talk with a friend.

The above examples can be adapted to any circumstances in life that relate to destructive addictions.

This is why making your attitude your ally has the potential to transform your life. You are going to be projecting a positive vibe and it will come back to you, always. You will start to see how positive things happen in your life. You will begin to draw positive influences to you. You will become a magnet for positive things. You will get involved in positive activities. It will almost seem strange how much your new positive attitude affects your life.

You can look at making your attitude your ally in many different ways. It really depends upon your personal ideas and thoughts. Some people may believe that it is along the lines of karma and what you send out will come back to you. Others may believe it is simply a mental posture, a [mind-set](#) where you think positive and therefore you see positive.

No matter what your opinion is on how a positive attitude works in your life, the bottom line is that making your attitude positive is a winning idea. You cannot deny the power of making your attitude your ally once you start implementing it in your life.

A Constructive Example Worth Studying

It can be quite easy for someone to just tell you that changing your attitude is a good idea. However, until you actually see it at work, you may not fully believe in the idea. Here is a story about how transforming your attitude can work beautifully. How it can help change a lousy life into something great.

Miranda was quite the pessimistic person. Miranda approached every situation thinking the worst would happen. She never tried to even think positive. Miranda rarely smiled and she often spoke negatively about everyone and everything in her life.

Miranda had high blood pressure, no close friends, a job she hated and she was deep in debt. She read an article about how transforming your attitude can help guide you in life and how that attitude needs to be positive if you want a happy and productive life.

Miranda considered what she had read and decided to put the idea to work for her. She figured she had nothing to lose.

The next morning when she woke up, the same negative thoughts began creeping into her mind. Instead of embracing them as she usually did, she pushed them away and replaced them with positive thoughts.

Instead of anticipating the traffic jam she usually encountered on the way to work, she thought only about her favorite song playing on the radio and thought about how lucky she was to be able to hear it that morning.

When she reached her office, instead of simply rushing to her office as she usually did, she smiled at a few co-workers and stopped to have a chat with the receptionist.

Her boss even acknowledged her good work on the project she had just completed when he came in. She noted that if she had rushed to her office, she would not have even been standing there for him to talk to.

As the days passed Miranda decided to keep up with her “new” attitude. A few days later Miranda’s boss called her into his office. He talked to her about how she seemed different today. He said he was glad to see her that morning because it reminded him of what a good worker she is and he realized she was perfect for the opening in management that he needed to fill.

Miranda ended up getting the promotion.

Miranda was transformed. She had adopted a positive attitude and was making it part of herself. She kept on training herself to be positive and things started to really look up in her life. She made some friends at work and she started to feel better about herself and her life.

When Miranda turned her attitude into a positive one and made her attitude her ally, she started to live a life she could only long for before.

If you've felt at all like Miranda, the same thing could happen to you. Make a conscious decision to transform your attitude and see how it works out for you.

Why did this work for Miranda? Take a constructive look at her situation.

Miranda usually sat in traffic and fumed about how it was slowing her down. She went straight to the negative and even though her favorite song had probably played on the radio during her morning commute, she was so stuck in the negative that she never even heard it.

When Miranda was open to hearing her song and when she actually heard it she got a slight boost in the way she felt. It was that slight boost that helped her to remain calm and relaxed while sitting in traffic.

Besides the immediate effect of feeling more calm and being able to handle her traffic jam, there is also the fact that calming down and letting go of the stress is good for her health. Her blood pressure and pulse were likely lower than normal and that is great for her heart health.

Miranda never greeted anyone in her office with any positive motions. She just went to her office every morning and sat by herself. Today, she actually took the time to smile at co-workers and to even talk. She was able to start building relationships at the office which will help her to be happier about going to work and enjoy the office much more.

Having her boss come in while she was socializing gave her some much needed face time with him. Had she not been out there he would have never even considered her for the promotion.

Miranda made many changes in her life just in one day, but many more exciting things will happen to her as a result of this conscious transformation. Imagine what could happen to you. Could making such a change impact your life in a big way too?

Even though I don't know you I can firmly say... Yes it can. So you have nothing to lose by allowing yourself to transform your attitude and make it your ally.

In Conclusion...

Now that you have learned about the impact that a positive attitude can have in your life as well as how to implement the idea in your life, you can clearly see it is an idea worth putting to the test.

Through the ideas presented here you should be able to get started making your attitude your ally. You should find changing your attitude to a positive one is quite simple. You just need to choose this path and commit to it.

Once you put your mind to it, there is nothing stopping you from reaping the rewards of having a positive attitude and making it your ally. It is all about taking that first step.

You must decide to be committed to the process. You have to be determined to becoming a positive person. You have to set a goal to turn into a positive person and let that positive attitude lead your way.

We also mentioned goals. Goals are very powerful. They can drive you and help you accomplish things. When you have a set of goals you work harder and you feel as if you have to accomplish them. Set your goal to make your attitude positive and to make your new positive attitude your ally.

Remember what making your attitude your ally can do:

- It can help you to look at life in a total different way... a positive way.
- It can allow you to see challenges and adversity in a new light that you are able to handle.
- It can help reduce stress.
- It can help you influence others to live in a positive manner.
- It can make you a new person, a fulfilled human being.
- It can allow you to begin to love life.

Keep Miranda's story in your mind and let it help you stay committed towards your new positive attitude. Let the examples from her story remind you that good can come from all of this work.

You have learned what a positive attitude can do for you. You know that by projecting a positive attitude you will reap positive rewards. You learned what exactly a positive attitude is and how you can start making your attitude positive.

You are armed with loads of information on how to become a positive person and how to live a positive life. The rest is in your hands. No one can force you into living positive. No one can make you make your attitude your ally. However, after all you've learned can you honestly say you would pass up the opportunity to make your life so much better?

Do you not want to see how great your life can be?

Are you sure you can live, knowing what you know now, without at least giving it a try?

Chances are you are now so excited about the possibilities that a positive attitude is all you'll think about over the next few days. Subconsciously you will start to change and by then, it will be too late to even consider ignoring all you've learned.

You will be on your way to making your attitude your ally without even putting up much effort. You will surely start to reap the rewards. But why wait? Transforming your attitude into a positive one is something that you can begin doing today, Do it!

Drop the negative thoughts. Put a smile on your face and start projecting your positive attitude to everyone. Take all the tips and advice you've read here and put it to use.

Make your attitude your ally. Change your life. Become a better person. Help those around you live a better life. Become a role model. Be everything you can be.

You have nothing to lose and everything to gain, so make your attitude IS positive. Then take your positive attitude and make your attitude your ally. Do it now and you will never want to go back to being a negative thinker. Never again.

Resources

Need help discovering your **Life Purpose**?
Want assistance to set **SMART Goals**?
Would like to hire a **Life Coach** but is not within your budget?
The **Discover Your Potential** eProgram may be the answer for you!

[Discover Your Potential](#)

The **tools to create abundance** in every aspect of life...
Meditation, Visualization, Affirmations, Charisma, Brainwave Entrainment,
Free eBooks, Free Resources, Videos, hypnosis, NLP, EFT, Yoga, plus much more!

[Tools For Abundance](#)

Abundance4Me, a free interactive Ezine packed full of insightful articles,
tips, techniques, and the latest Personal Development products.
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Law of Attraction in Your Life”**

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