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**30 The Power of Positive Thinking  
Quotes**

## **30 The Power of Positive Thinking Quotes**

1. Thoughts are not static. They gather momentum like a snowball on a hill. Positive thoughts blossom – negative thoughts flatten.
2. Negative thoughts can quickly become catastrophic. Learn to “re-frame” them into more positive, realistic thoughts.
3. Find ways to turn even negatives into positives.
4. Use music to help shift thoughts from negative to positive. Make a playlist of tunes or songs you find energizing or inspiring.
5. Don’t feed negativity by hanging with negative people or listening to negative music. Raise your energy by using positive stimuli.
6. “If you want light to come into your life, you need to stand where it is shining” – Guy Finley
7. The difference between being truly rich or poor is how you choose to feel – no matter what is going on around you.
8. If you truly want to embrace positive thinking, stop paying attention to (and feeding) your negative thoughts and fears.
9. If positive thinking is to work, you need to realistically decide where you need to change your thoughts.
10. Pay attention to your words. They create your reality. Negative words create a negative reality; positive words create a positive reality.
11. Humor can help stimulate a positive attitude, which helps positive thinking. So as they say, use it – don’t lose it.
12. Do one thing daily you truly enjoy and let yourself look forward to it. That is the secret to shifting a negative outlook to positive.
13. “You are never too old to set another goal or dream a new dream.” – C.S Lewis
14. Positive thinking doesn’t mean sitting back and waiting for the Universe to drop Twinkies on your lap: It’s never giving up.
15. Try starting the day by thinking of 10 things you are grateful for. (If 10 is too much, pick a number that feels comfortable.)

16. "Positive thinking" unaccompanied by action and effort is another term for "escapism".
17. "Don't get upset with people or situations. Both are powerless without your reaction" - Unknown
18. "The most certain way to succeed is always to try just one more time" – Thomas Edison. (All great people have said this.)
19. By all means use visualization to positively achieve goals – but be aware that fantasies can also "dull the will to succeed".
20. Those who truly know the meaning of positive thinking embrace failures as learning opportunities or challenges.
21. Positive thinkers don't criticize or look down on others. Nor do they waste time blaming others for their disappointments.
22. Don't just change your own way of thinking: Encourage others in your family to think positive thoughts and talk success too.
23. Life doesn't always allow us to be positive. But true positive thinkers return to that choice and practice as soon as they can.
24. Insisting you practice positive thinking 100% of the time is to deny your feelings – and often deny the feelings of others.
25. If you want to practice positive thinking, learn to embrace and think change.
26. When you need to raise your energy to positive, meditate on a moment, image, song or person who fills you with joy.
27. Keep a "Smile File" – photos of family, friends and even strangers whose smiles lift your spirits. Use it to stay positive.
28. Pin positive affirmations, quotes and reminders in your work station – but do choose ones that really resonate with you.
29. If you want to develop a positive attitude, stop complaining whenever you catch yourself doing so.
30. If you truly want to embrace positive thinking, practice praising yourself for even small things you do right.