

Optimize on Optimism

Attain an Amazing You!

Our State is the Start

As you know, everyone has a natural desire to perform well in every field in life. What if I told you, that everyone, even you, are holding back. But don't worry, we can fix this! There are many ways you can strengthen your physical, mental, and spiritual levels.

The current downfall of younger people is their mental state. This poor mindset is now a normality. I'm still trying to do better myself. Having to navigate the negativities and challenges of an



accelerating world requires a peaceful, powerful, and positive mindset. By the end of this blog, you will know how to reroute your mind into a positive powerhouse that will aid you in your next chapter.

The First Step Forward is Change



Now that you're conscious of the mental battle, you and I can work together to be beacons of positivity. If you were to go to the gym every day, you would notice a difference in your physical looks. The same is true if you focus on positive thoughts every day.

The first step towards analyzing your thoughts is being able to clear the slate. Meditation is a process that allows you to practice the skill of removing clumped, clustered, and connected thoughts and revert back to a calm, collected, and clear state of mind.

In his international best-seller, The

Power of Positive Thinking, Norman Vincent Peale advocates for a daily window of silence:

“Conceive of your mind as the surface of a body of water and see how early quiet you can make it, so that there is not a ripple. When you have attained a quiescent state, then begin to listen for the deeper sounds of harmony and beauty and of God that are to be found in the essence of silence (Peale, 22).”

The ability to clear your mind is difficult. The reassuring fact is that practice makes perfect.

The Transcendent Trend

Why would you want to be above your thoughts? We all have millions of good waves and bad waves in our heads every day. The power of thoughts are much stronger than what people credit them to be.

Confucius coined the phrase “you are what you think.” The structure and design of our thoughts are so complex that it’s difficult to comprehend their overall influence in our everyday life. Whether good or bad, argumentative or contemplative, your mind is always working, driving a constant stream of thoughts. Comparatively speaking, your brain works so much that it accounts for 20% of your daily metabolic energy (ucl.ac.uk).



Thought Outlets

Knowing that a fifth of your daily energy is sent to your head, it should be important to keep tabs on what you think. Try to look at it from this perspective:

- Ideas that you grow fond of become your words.
- Words are even stronger than your thoughts as they are linked to actions.
- Your actions make up who you are as a person.



Even the Bible opens in Genesis with words launching the creation of the Heavens and Earth.

“Then God said: Let there be light, and there was light ([Genesis 1:3](#))”

It continues in John’s Gospel.

“In the beginning was the Word, and the Word was with God, and the Word was God ([John 1:1](#)).” In my experience, the Bible has helped me bring a sense of control when it comes to my

thoughts. I still struggle with strains of negativity and I’ve gotten to a point that when I’m in doubt, I can remember some of those uplifting and encouraging phrases.



The Next Chapter

If you think positive, you will become positive. Every facet of your life has the potential to strengthen within seconds once you concretely decide to change into a life of positivity. You must remember that all things are possible!

There has never been a person who has had everything they ever wanted in life hating the entire journey to the top.

If you genuinely take the path of gratitude, the view at the summit will look just as positively amazing as it's supposed to be.

For more daily positivity, you can check out my [Instagram](#) account.



Sources:

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