



Super

Positive Thinking

Made Very Easy!

Using an *Embarrassingly* Simple Formula:

-1N+1Nt+7F+3R = Super +Ve Thinking!

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$-1N + 1Nt + 7F + 3R = +Ve\ Thinking!$

Super Self-Improvement... Made Very Easy! Reports Series

Super Positive Thinking... Made Very Easy!

The *Amazingly Simple Formula for Super Positive Thinking... Revealed!*

Ok! Here's the formula: $-1N + 1Ntr + 7F + 3R = \text{Super Positive Thinking!}$

Got it? 😊

Positive thinking is healthy, optimistic, ambitious, courageous, motivating, encouraging, inspiring, fresh, bright, sunny and in short... everything 'positive' and everything we love!

Positive Thinking = Happiness / Success / Achievement

Positive thinking is an important trait of all successful people and self-made millionaires. No exceptions.

Ever encountered a successful person who's not a positive thinker? I didn't think so.
Ever encountered a positive thinker who's unhappy in his/her life?

Positive thinking gives you strength and motivation to reach your goals. Positive thinking gives you perseverance. It makes you never give up. It makes you unstoppable.

Positive thinking eliminates fear, depression, sadness, misery, failure, hindrances and in short, everything negative and everything (all states) we hate!

Negative thinking depresses you, damages your health and leaves you drained of energy, doesn't it?

Ever met a negative thinker who's a real success and achiever? I doubt it.

Positive Thinking & Success Go Hand in Hand! The more 'positive' you are, the more successful you become. Soon, success behavior becomes automatic, and you start receiving positive feedback from your outer world.

Positive Thinking & Good Luck Go Hand in Hand!

Did you know?

Positive thinking opens the door wide open for opportunities and “good luck”!

It’s true what they say. Good luck and positive thinking go hand in hand. Think positive and somehow good luck will always follow! Positive thinking brings good luck, happiness, fulfilled dreams and a wonderful life.

This report reveals the embarrassingly simple formula that can make you one of the world’s most positive thinkers!

Learn it, apply it and set your **Thinking Ball** rolling in the right, positive direction.

In a very short period of time, positive thinking will become one of, if not your most fruitful positive habits.

Important Fact: The Difference Between +Ve Thinkers & -Ve People is...


WHAT?

Everyone gets negative thoughts, even positive thinkers.

So what’s the difference between +ve thinkers and –ve people?

The difference is that positive thinkers generate more positive thoughts than negative thoughts. It’s as simple as that. Positive thinkers do not allow negative thoughts to gain momentum.

Therefore, it’s very simple to be a positive thinker:

For every one negative thought that crosses your mind, offset it with 10 positive thoughts. Start doing this and in 15 to 30 days you’ll find your mind generating more positive thoughts all by itself! 

Remember! More positive thoughts = healthier you = luckier you = more successful you!

Here’s what positive thinking looks like in your mind...

<http://images.search.yahoo.com/search/images?p=maldives&fr=yfp-t-501&toggle=1&cop=mss&ei=UTF-8>

(Click To Open This Link)

The Beginning: -1N

Let's say you got a negative thought about someone or something. Negative Thinking has a horrible snowball effect. A single tiny negative thought, which can be easily dismissed at first, soon grows in size and gains momentum to become like this...

Your Thinking: -1 (negative)

<http://images.google.com/images?hl=en&q=tornado&gbv=2>

(Click To Open This Link)

(Here's what negative thinking looks like when it's fully formed and 'at work' in a human mind. You can *imagine* what it does to your life!)

Ok, so you got a single negative thought.

Here's what to do...

Here's What You Should Do - the Detailed Steps!

Step 1

Block the formation of Negative Thought #2. That's the first and most important thing you have to do. It is important for you to know and realize that you are constantly breathing, blinking and... **thinking**.

Because you're doing these things **all** the time, you become totally unaware of them. Be aware that you're thinking and pay attention to what you're thinking.

This way, whenever negative thinking starts up in your mind with the generation of a single negative thought, you'll be able to stop it dead in its tracks and prevent the formation of the destructive downward spiral (tornado) of negative thinking.

Whenever a negative thought (-1) is generated in your mind you'll immediately notice it and block its path from becoming -2 (two negative thoughts).

Congratulations! You've just saved yourself a lot of energy drainage, anger, frustration, unhappiness, misery, depression, tension, higher blood pressure, among many other negative effects that usually accompany negative thinking!

But we're not done yet! In fact, we've just covered step 1! On to step 2...

Step 2

Neutralize your thinking. Don't think of anything for 15 seconds. Don't even try to think positively of anything. Just stare at something/anything.

Your Thinking: 0 (neutral)

Step 3

Generate seven unrealistic/fantasy Positive Thoughts about/related to the thing (whoever/whatever) you were going to think negatively of.

These seven Positive thoughts should not be realistic. Use your wildest imagination and don't limit yourself in any way.

Let's take an example. You have a heated discussion with someone dear to you whom you love, like your spouse. You separate angrily and soon enough the first malicious negative thought creeps into your mind (Thinking = -1), but you stop it dead and neutralize it (Thinking = 0).



Now, you think of buying your spouse a brand new car (+1), moving to live in your spouse's dream home and place (+2), buying her a breathtaking diamond ring (+3) and taking your partner on a vacation to an exotic island (+4)...

You enjoy seeing the delight on your partner's face when (s)he sees the "favorite" car parked outside your home or that diamond ring!

Your Thinking: +1, +2, +3, +4, +5, +6, +7!

Remember: All you have to do is imagine and enjoy these thoughts! You don't have to lift a finger! And you don't have to do anything about these positive, fantasy thoughts. **The objective is to put your mind in the "positive" zone.** Period.

Question: Why not realistic positive thoughts?

Two Reasons: Ask yourself this question... Are all your negative thoughts realistic?! The answer is: of course Not.

Fact is, most of your negative thoughts are totally unrealistic and even border on the ridiculous and the insane!

The second reason is that there's no expectation, obligation or requirement on your part. You can just enjoy the positive thoughts without being required, obliged or expected to do anything about them.

That's like eating at a fine restaurant without having to do the dishes! 😊

Step 4

Generate three realistic positive thoughts about/related to the thing (whoever/whatever) you were going to think negatively of.

For example: You have a heated discussion with someone like your partner, your boss, your colleague, or someone dear to you and you separate to cool off.

You're aware and you expect your mind to generate a hundred negative thoughts per milli-second about that person and related to that discussion.

Step #1: You freeze that negative thinking dead in its tracks. You block the path of negative thought number one, preventing the generation of thought number two.

Step #2: You neutralize your thinking and your mind.

Step #3: You generate seven unrealistic/fantasy Positive Thoughts.

Step #4: You generate three Realistic Positive Thoughts.

Realistic Positive Thought #One: Think of three good traits/characteristics/qualities in that person.

Realistic Positive Thought #Two: Remember a nice, very nice time you've had with that person.

Realistic Positive Thought #Three: Think of one thing, just one, you *really* gained, learned, benefited from that heated discussion.

Your Thinking: +10! Congratulations! You're now a real Positive Thinker!

Remember: Positive Unrealistic/Fantasy thoughts first *then* Positive realistic ones!

Very Important Note: You are a **smart** positive thinker. Being a positive thinker and focusing on the positive does not mean you disregard the negative in anything. You can focus and enjoy the top/red part of a rose but you still have to be aware of the stem.

A **rose** is beautiful, isn't it? Yet it's long slim **stem** is covered with thorns.

When you give a rose to a woman, her immediate natural reaction is:

"Oh! It's so beautiful! Thank you!"

Notice 1: Her focus is on the beauty of the rose (the positive).

When you hand her the rose, she's careful how she takes it from you; how she holds it from the stem that is covered with thorns.

Notice 2: By being aware of the thorns (the Negative) and dealing properly with them she avoids pricking herself.

Notice 3: Even if she gets so consumed by the rose that she forgets about the thorns and does prick herself, she'll just try to hold the stem from a thorn-free space. She won't tell you: "Why are you giving me a stick with thorns!"

Remember: There are bound to be times when you're feeling frustrated or feeling down. Positive thinkers know that these feelings are valid, they happen and they don't try to ignore them.

Step 5

Search, locate and identify the source and cause of any negative thoughts and deal with it.

If the cause is beyond you and there's nothing you can do about it, save yourself a lot of negative thoughts, anger, stress, anxiety, sadness, depression by (1) Accepting the situation, and (2) thinking of how you can make the best out of it.

If you **can** do something about it, think of the best way of dealing with it and then... deal with it!

That's it! For every one negative thought generate 10 Positive Thoughts (7 unrealistic/fantasy and 3 realistic). Isn't that a truly winning formula or what?

So, the embarrassingly simple formula is: -1 Negative Thought + 1 Neutralizing Effect + Seven Fantasy/Unrealistic Positive Thoughts + Three Realistic Positive Thoughts = **Super Positive Thinking!**

Now do it! Apply it! It requires little effort initially. Positive thinking is a practice that becomes a habit, just like exercising.

Good News! Thinking positively will become easier and easier in time and your mind will generate infinite positive scenarios until you become a Super Positive Thinker!

Notice: When you finish with the tenth Positive Thought you'll experience a real rewarding and relaxing feeling!

Suggested Reading

Program Your Mind for Success in Record Time! Using a +6000 Year-Old, Amazingly Simple, 100% Natural, Equipment-Free, Do-It-Yourself, Mind-Programming System!



Use it to implant the 22 traits of successful people and self-made millionaires onto your brain! [More info](#)