

# The Power of Positive Thinking

Yulisa Depena

The foundation of good mental health is to keep positive thoughts in our minds. Life imitates our thinking. Positive thinking draws positive people and positive events closer to us. It is our job to choose whether we want to have a positive or negative attitude. Nobody else can do it for us.

The mind is a very powerful thing, and we have more control over it than we think. The mind is just like a car that we must carefully drive in the street. We must take care of our minds with our thoughts.

If I have a bad day at work, at the end of the day before going to sleep, I take notes in a journal



After I write, my situation is clear compared to before, when it was gray. When I write about my goals and wishes, my mind changes color and my face smiles because I have changed a negative situation into a positive one. When I finish thinking about my goals, I forget the bad feelings.

Although the mind is very powerful, there are, of course, many times when our positive thinking cannot change the challenges we face. When children lose their lives during wartime, for example, they are victims of other people's negative thoughts and decisions. Also, if we have a family history of cancer or other diseases like diabetes or high blood pressure, positive thinking alone cannot cure the situation.

Still, having a positive attitude can help give us a better and a happier life. We should all take the time to think positively.

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and I write how the day was. For example, I write answers to questions such as, what was the beginning of the problem, how I felt at that moment, how I feel now,

what I can do to resolve the situation, what I need to improve, or how I can help my co-workers.

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## Take This for a Drive!

1. What do you think of Yulisa's statement that the mind is like a car that we must "carefully drive"?

2. Try extending the analogy. What do you need to drive the "car" well? What does the car look like? What does the road look like? Are you alone in the car? Where did you get your driving lessons? Are there any driving habits you wish you could change? Draw a picture of your mind as a car.

3. Think of more analogies that help describe your mind.

4. Lastly, have you ever tried journal writing or writing about your goals?

