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**Monitoring Negative Thoughts**

**By Janet K. Ilacqua**

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One of the biggest killers to your business is negative thoughts, such as "I will never be able to make it in the business world?" or "I can not stand this client!" How do you monitor these thoughts? To practice paying attention to them is the first step. As you become aware of them, counter them, immediately. I have friends who say to themselves, "cancel" when these thoughts come up. For myself, I used to imagine a large, old-fashioned rubber stamp. I would see that stamp coming down on the offending thought and marking it in red, "Bull". This effectively signaled my mind that this thought was not to be trusted. At first, this has to happen so often that it becomes tedious. Persist through it though, and you'll find yourself with a second wind and having to do it far less.

For more information about her services, check her website at <http://www.writeupondemand.com>.

**How to Stay Motivated Despite Negative People**

**By Peter Murphy**

Getting motivated is sometimes easy enough to do, at least for short periods of time, but staying motivated can be a lot harder to do.

And when you add into the mix the presence of negative people it is really not surprising that your motivation can fizzle out despite your best intentions.

What can you do?

**1. Do Not Discuss Your Dreams with Negative People**

Only share your hopes, dreams and goals with people who will be supportive of your plans. Making your dreams come true is like tending to a garden.

## Monitoring Negative Thoughts

You have to give the plants the nutrients, water and sunlight they need to grow i.e. for you this means – the resources, mental focus and energy to create something new.

And you have to pay constant attention to weeding and eradicating bugs that will over run your garden if you are not vigilant. i.e. protect your dreams from negative people by not exposing your plans to their toxic words and thoughts.

### 2. When You Get Stuck Seek Advice from People Who Can Help

Very often when you get stuck you will turn to whoever is nearby for encouragement and advice. This can be a big mistake if that person has no vision and a limited sense of possibility.

Only ask for advice from people who are qualified to help you. When you act on good advice you know you are doing the right things and staying motivated will be easy.

Whereas when someone with no relevant knowledge or no sense of possibility advises you it makes sense to be unmotivated.

Why take action on bad advice? Why even try if that person cannot see things working out?

Avoid this negative world view by carefully deciding who to get advice from.

### 3. Switch Off Your Own Negative Thoughts

Negative thoughts can be like a virus that just keeps on spreading. If people around you are negative it is only normal for you to lose a little of your own enthusiasm and drive.

You may even start to have a few nagging negative thoughts of your own.

Be careful!

One such negative thought leads to another, and another...

You need to switch off these negative thoughts ASAP or else your motivation will fizzle away to nothing.

Peter Murphy is a peak performance expert. He recently produced a very popular free report that reveals how to crush procrastination and sustain lasting motivation. Apply now because it is available for a limited time only at:

How to Stay Motivated Despite Negative People

How to overcome negativity in your life?

Change Your Thoughts, Change Your Life. Five simple ways to bring more peace and harmony to your life!

The Power of Negative Thinking  
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