

How to overcome negativity in your life?

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How to overcome negativity in your life?

By Ajay Pats

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A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort. A strong positive mental attitude will create more miracles than any wonder drug. Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. I know I'm not going to get that job. I need to lose weight, but I can't. Everyone keeps telling me walking and exercise will help me to lose it, but I know it won't work for me. Nothing works for me. I'm overdrawn on my checking account and I have no way of getting any money to put back in there.

All of these things you say you can't do or won't happen for you will not happen with that attitude. Thinking negatively will keep you from getting the things you want or being where you want to be in life. The only person who can remove all that negativity out of your life is you.

How do you remove negativity from your life? The most important thing you can do to remove negativity from your life is to have a positive train of thought about every situation. What you think is what will happen. Thinking you can't accomplish anything will keep you from doing that. Having negativity in your life is a major downfall. You can't accomplish anything without having positive thoughts. Anything you want from a new job, losing weight or gaining financial stability require you to think positive thoughts to succeed. Negative thoughts will develop into negative actions. That's when you physically won't go after the things you want because your thoughts will keep you from doing something to get it. Since you think you can't do it or have something anyway, you won't go after it and you will never get what you want.

We usually have negativity in our life from low self-esteem and lack of confidence. This is when we don't believe in ourselves and feel we don't deserve things. The first thing you have to do is build your self-esteem back up to believe in yourself. Believe that you can accomplish anything in your life and you have the reliance to go after it to get it. This will help you loose a lot of negative thoughts right there. You have to remove all negative thoughts and actions from your life.

Think positively about everything you want to do and it will come to you. Develop the attitude you can get anything you set out to have and once you decide this, nothing can stop you from accomplishing that. With keeping your thought train like this you are removing all the negativity from your life.

How to overcome negativity in your life?

Surround yourself with positive people in your life. If you are around negative people you can't help but to be negative, too. There is no one to encourage you to have positive thoughts if everyone you are around is negative like you. Birds of a feather flock together. Remove yourself from negative people.

It takes time to develop and keep a positive train of thought. Once you decide that you don't want negativity in your life anymore and disconnect yourself from the people who have nothing but negative thoughts, you can accomplish being a positive person. Whenever something happens in your life don't automatically think negatively about the situation, no matter what it is. Practice to think only positive thoughts and eventually this will become a part of you. Once you have no more negativity in your life, you will have the tremendous life you want and deserve

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Depression and Procrastination: Twins In the Job Search

By Marilyn J. Tellez, M.A.

Let me examine these two mental states. My definition of procrastination is that a person delays and delays actions that are required by a job or actions necessary to accomplish something in every day life.

Depression is a mental state that "almost freezes" a person into no action at all.

While procrastination can be overcome by a change of behavior and attitude, depression has its core issues of lassitude, feelings of hopelessness, anger and of giving up.

What do the two have in common? I think that procrastination is often a temporary trait, but depression is something that will take lots of time and energy to overcome. Both lead to a lack of action.

It is action, however, that has to take place for a job seeker to have success. Observing personal procrastination takes time to overcome. Overcoming depression, if it is long-term may take the intervention of either a professional and or drugs.

Both mental places have the effect of "dampening down" the actions of the job seeker. Elimination of both of these negative states of mind, has to take place for a job seeker to be minimally effective.

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