



POWER OF
**POSITIVE
THINKING**

Transformation of life

716, New Delhi Apartment,
Vasundhara Enclave, PIN: 110096

Dr. Ashutosh Karnatak

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Dr. Ashutosh Karnatak
Mobile: 99100 92192

Forward

The intention to bring out this booklet is to disseminate the Positive thinking among mass, so that they can face challenges of this competitive work happily and without stress. Generally in this busy life, one do not get time to read the thick books, moreover interest of the human being is, 'if the information available in the condensed form' as it becomes easy to take it or understand.

Keeping the interest of general mass in view, I thought to publish this booklet, so that it is easy to read and comprehend and if one wants to be imbibed into it, he /she can do the same. The other advantage is that this booklet can be put into the pocket, in case of any depressive moment; it can work as positive dose to him/her to come out from that negative moment.

I have been following positive thinking for last 15 years and have felt tremendous advantages of the same. I have been successful in changing life of people by my talk or writings which are published in my website www.plusapproach.org .

Hope you will like this booklet and spread positive thinking among mass so that they remain happy, prosperous and peaceful in life.

Dr. Ashutosh Karnatak

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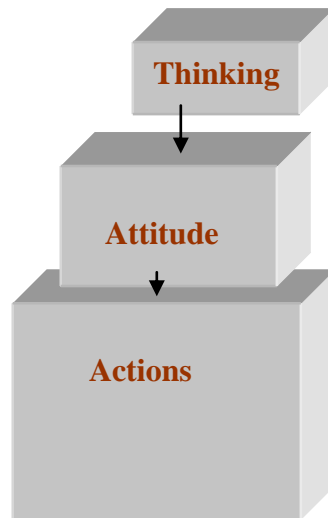
Power of Positive Thinking

“Man should not be differentiated on the basis of caste, creed or color rather it should be based on thinking Positive or Negative”:

- Dr. Ashutosh Karnatak

Human being is a species who has a **“Thinking”** mind. That is how humans are different than others. The mental faculty plays an important role in our life, provided it works efficiently. The word **“Efficiently”** is being used to lay stress on **“Productive Thinking”**. Productive thinking needs deliberate cultivation, like when a seed sown in a fertile land it yields better than the same seed sown in less fertile land. Therefore, same seed delivers different result based on the land. In case of human being this land is **“Mind”**. Fertile mind will yield better thoughts thus better health.”

What is Positive Thinking: It is but our mental attitude which reflects in our day to day working, as thinking is a reflection of our attitude and attitude develops actions.



One may ask, ‘How to know he thinks Positive or not?’ The litmus test is:

“He always looks for solutions”

Apart from this a positive thinking person is:

- Always smiling
- Unruffled with problem
- Has a helping attitude
- Optimistic : always sees a silver lining ray in the darkness
- Sees Half glass filled and not as half glass empty
- Without any prejudice
- Fearless

Positive thinking is nothing but a perception. A very common test is how you see the glass of water half filled with water. You may say it is half filled or half empty. Now when asked a question that is it possible to fill the glass with milk. Then you will say yes and now the half empty space becomes the strength of the glass as it has seen an opportunity to fill the milk in the glass. In both the cases one sees the same empty space, but approach is different, it is called **“Plus Approach”** as you see the strength of a person, place, thing or condition.

We need to orient our mind to perceive the strength of anything knowing well what negatives are. Idea is not that you don't see negative at all but to perceive the strength of anything knowing well what negatives are. Idea is to perceive the totality but presume the positive aspect of the same.

A person wants to become positive thinker and he does want himself to take a plunge into positivity however, the issue is that one feels that the circumstances make him to be negative; factually it is not correct. For the same circumstances reactions of different person are different. Had it been otherwise, everyone would have reacted in the same way. Thus the myth that circumstances drive us has to be erased out of mind and one has to control one's mental attitude so that the state of mind as well as of thinking remains in one's command and control.

Mental Positivism:

It is told that a successful person is that who bounce back faster than others in case of any failure. This phenomenon of bouncing back is related to the mental positivism. A mentally positive person can bounce faster than a person with negative attitude. In the scientific terms, we have learnt magnetism in class 12th. It can be co-related with the mental positivism.

Material	Magnetic property	Metal Property
Dia	Nil	No impact of positive forces having closed mind
Para	Moderate till external impact is there	Becomes positive till the positive forces are there. Needs frequent charging
Ferro	Permanent	Remains always positive irrespective of positive field

In Mahabharata, Arjun was in the middle of the battle field and Lord Krishna was motivating him to fight. He was in dia- positivism mode. Krishna was the positive magnetic field; he was finding it difficult but the positivity of Krishna overcame negative mental property of Arjun at that time. After a lot of persuasion, question-answers between Him and Lord Krishna, his mental frame became Ferro-positive and then it's a history. Think about a situation if the metal state of Arjun could not have changed. In order to fight the battle of life positivity is required, **negative minded people already lost the battle, even before start.**

It is necessary to have the baseline data about the self-positivity. What are your positivity index and which type of person you are? Now in order to assess the positivity, one may try following questionnaire:

Based on the above you can judge your positivity index and also you can judge whether you have Dia / Para or Ferro positivism.

You are a Product:

Now-a-days every product /thought needs to be sold i.e. one purchases an item or follows a thought, which gives him advantage tangibly or intangibly. Before adopting /following any idea, three questions come to the mind automatically:

- 1) Why I should become a positive thinker?
- 2) What are advantages of positive thinking?
- 3) How to become positive thinker?

Based on my experience and literature in this subject reasons to become a positive thinker are:

- To cope with stress in day to day life

- To get strength to face the challenges in life
- To have happiness in life
- To have improvement in mental state
- To have improvement in health condition like reduction of BP , Sugar etc
- To develop self-healing process

It is the first step towards self-transformation, above reasons are sufficient to drive you from negative thinking to positive one. It should be clear in mind that in order to succeed and in order to face any challenge, one must have Positive Attitude/Thinking. Otherwise, one may find it very difficult in grabbing success because the mind-body is not in synchronization. Body wants to go ahead but mental attitude is dragging back or vis-a-vis. Because of this reason only, many of the people are not able to achieve success. Work with half-hearted approach leads to leave the work in between and ultimately such people are rated as failure. Therefore, for achieving success synchronization of mind-body must be there i.e. both needs to be positive.

Advantages of Positive Thinking:

It is a must to understand the advantages of Positive Thinking, so that its adaptability becomes easier. Some of the advantages of positive thinking are:

- Increase in optimism and happiness
- Focus on “Can” instead of typical attitude of “Can't”
- Start seeing half glass of water “Half Filled” instead of “Half Unfilled”
- Increase in determination, confidence and persistence
- Improvement in rate of success as determination increases with positive attitude.
- Increase in resilience capacity
- Enhancement in leadership skill thus more acceptability in society
- Reduction in prejudice level.
- Enhancement in enthusiasm and energy level
- Improvement in health, decrease in stress thus reducing probability of heart attack.

Positive Thinking (Optimism) and Health:

In one of the study in U.S., a team led by Erik J Giltyanand analyzed data on relation of optimism with longevity. A group of 999 men and women were divided into four groups based on their level of optimism (Optimism is led from positive thinking). Over a follow up period of 9 years, there were 397 deaths. Those with high level of optimism had a 55% lower risk of death from all causes and a 23 % lower risk of cardiovascular death. They concluded: The trait of optimism was an important long term determinant of all – cause and cardiovascular mortality in elderly subjects independent of socio-demographic characteristics and cardiovascular risk factors.

Hormones: It is indeed a fact that secretion of hormones from various glands controls our life. When hormones such as non-adrenaline are over or under produced, the emotional state can become imbalanced negatively or positively. Thoughts, bad or good, act on the brain to release the neuro-transmitters that effect mood or health and physical response in the body. **Neuro transmitters which enhance attention and pleasure named as “Dopamine” and which reduces fear and worry is known as “Serotonin”**. If some one is under stress, heart start beating and body releases two powerful stress hormones **Epinephrine, Cortisol and Adrenalin**. When these hormones are secreted continuously, it affects the body. They enhance brain aging, increase fat, causing muscle and bone loss. On the contrary, in case of positive thinking or instead of using negative words, if one uses positive words, secretion of negative hormones gets checked and improvement in health can be noticed.

All our attitude and actions are function of our mind, which is the nucleus of everything. It is like a governor, which drives us. Therefore, it is better to understand the mind first. For a common person our mind is situated inside our head scalp having very small size but doing all big works like research, manufacturing, service etc. Every action flows from Mind. Primarily it has two parts:

- 1) **Active or conscious Mind**
- 2) **Passive or sub-conscious mind.**

Active mind is the portion of mind that plays role in day to day actions, whereas sub-conscious mind helps in shaping our thinking pattern. Active mind takes signal from sub-conscious mind before taking any action. Thus sub-conscious mind needs to be understood in proper manner. We are born with stored memories of past births located in sub-conscious mind, which are generally kept as a heap of paper. Our need is to format the sub-conscious mind. Sometimes we find forgetfulness in recalling name of the person, forgetting answer in

examinations, dreams of different types, encountering unknown fears, prejudices and negative thinking /attitude. It is due to sub-conscious mind.

Further, in 1962 Roger Sperry, who won the noble prize for identifying two hemispheres of brain responsible for separate intellectual functions based on the scientific analysis using Magnetic Resonance Imaging (MRI) of brain/mind and it, has been established that mind has two portions i.e. right and left. Their brief roles are as under:

Left Portion	Right Portion
Right side of the body	Left side of the body
Mathematics	Creative
Verbal	Artistic
Logical	Visual
Facts	Intuition
Deductions	Ideas
Analysis	Imagination
Words of song	Tune of a song
Seeing finer details	Multiprocessing /Multitasking

Left side of the brain controls right side of the body whereas right side do the converse. It is told that we only use 10 % of our mental capacity. It seems to be correct as most of the person don't use their right side of the brain. Therefore from the childhood it is told to have some artistic pursuits etc. It is to develop left side of the brain which controls mostly imaginative, artistic and creative pursuits. Development of positive thinking will be attributed to the right side of the brain, which needs to be used for its development.

Thus, after knowing a brief about the brain, it can be concluded that in order to develop Positive thinking we need to sharpen our sub-conscious mind and right portion of the brain.

Scientific aspect of positive thinking:

Any person is a bundle of energy which is helpful in his survival. Generally, the total energy is summation of external energy and internal energy.

Total energy (TE) = External energy (Ee) + Internal energy (I.e.).

External energy: It is basically the energy which is developed inside the body on account of our diet, nutrients etc.

Internal energy: It is broadly the spiritual energy, which one acquires due to various techniques like meditation and other spiritual exercises .But the most among all is the Attitude of the person, which helps him to optimize the internal energy.

As per physics:

$$\begin{aligned} \text{Power } P &= V \times I \\ &= V \times V/R \quad (I = \text{current, } R = \text{Resistance,} \\ &\quad V = \text{Voltage}) \\ &= V^2/R \end{aligned}$$

Here R is the internal resistance posed by the mind in the form of anger, irritation, frustration etc. The issue is reduction of the same, which can be done by the positive attitude. In case this R is reduced, the power or the internal energy will be maximum, leading to maximization of the total energy of the person.

It has been seen that the external energy can be used to its maximum when the internal energy level is better i.e. if internal energy is less, the consumption of the external energy enhances. So Power of Positive thinking is:

$$P = (\text{Attitude})^2 / R$$

Where R; Internal resistance.

It is obvious from the above formula that Power of Thinking will be more positive if internal resistance is less. It means that if someone is a positive thinking person, he can use his mental powers up to optimum limits.

How to become positive thinker:

- 1) **Take a decision to be Positive thinker:** Such improvements are required to be done by self only. Compulsion leads to development of negative energy, which does not yield positive results. Therefore, a decision is required to be taken by the individual only for his/her becoming positive thinker. It is like initiation of any Mantra given by any GURU. One needs to decide first that path on which one intends to go now. All the actions are related to that path only. This is path of "Positive thinking" and the power of positive thinking will push you up further in life.
- 2) **Avoid saying "No" or negative words:** It is my experience that the word "NO" has serious psychological Impact. By saying "NO" to any request, negative hormones flows into the systems which in turn develops negative attitude. This negative attitude develops roots in the mind and affects adversely on the personality of the person. Apart from the word "NO", there are other negative words like 'Failure,' 'depression,' 'mood-off' etc. etc. Instead of these negative words better use power words like success, happy mood, hope, optimism, solution, find the way etc. Start using these power words and observe the impact in the personality.
- 3) **Always look for solution:** Start looking for solution. Be part of the solution rather than of problem. Day to day you encounter many problems. Instead of blaming others, start looking for solutions, as to how this problem can be sorted out. Initially you may find it difficult but later on, after much practice, you would realize that your talking pattern has changed.
- 4) **See brighter side:** It is one of the most important attribute of the positive thinker. One may argue that if he sees the brighter part only, he may miss the risk area which is associated with the negative part of the issue. It may be correct. Seeing the brighter side of the problem helps you in taking you away from negative moment. It gives you the strength to face the negative part of the problem. Whereas, if you start concentrating on the negative part of the problem the energy required to face it will not be sufficient, because in this case, you may have fear of failure whereas while thinking positive your actions are for winning and you have no fear of failure.
- 5) **Read inspiring literature:** It is again based on the experience that inspiring stories and literature helps in development of positive thinking. For example, if you see a person on artificial legs running on the ground – are you not inspired by that person and do not you think that having two legs and two hands I am not able to walk properly and this handicapped person is running? Such stories inspire us and development of positive hormones.
- 6) **Plus Magnetic Meditation:** As explained above, we need to do correction in the mind itself. The sub-conscious mind needs to be formatted properly and right side of the brain to be developed to enhance the use of the brain and developing positive attitude as well. It is the method to convert a person from dia-positivism to Ferro-positivism. You can practice it for 21 days and find the difference in your personality, attitude, approach etc.

Some of the positive thoughts are:

Sl. no	Day	Thought
1	Monday	I can do
2	Tuesday	I am capable
3	Wednesday	I can encounter this situation
4	Thursday	I will succeed
5	Friday	I am happy
6	Saturday	I am going to win
7	Sunday	I am transforming

As we do other mediations following technique can be used:

- Sit in a comfortable posture

- Environment should be calm. If not, ignore noise (initially it will disturb you but later on it would be in your background)
- Concentrate on the pituitary gland (situated behind the forehead, it is master of all glands. Adrenal hormone is controlled by this gland)
- Think that secretion of hormone is increasing and you are being positive and your thinking process is changing.
- Chant above positive thoughts day wise at least 108 times.
- Slowly but steadily, this thought will ingress in your mind and right part of the cerebrum will be developed and sub-conscious will be formatted.
- The impact will not only be seen in your behavior but pattern of your dreams will also be changed.

So, be positive, stay positive and live positive and experience power of positive thinking.

Power of Magnetic Positive words

- 1) When someone says to do some work – what comes to your mind?
- 2) How many times you use “No”?
- 3) Do you remember 3 events in last six months, which went well?

Most Dangerous word – “No”

Some of Other negative words are:

- 1) Not possible
- 2) Can not
- 3) Difficult
- 4) Impossible
- 5) Failure
- 6) Stress
- 7) Friction
- 8) Pain

Impact of Negative words:

- 1) If I were to put you into a MRI -flash the word “NO” for less than one second, you’d see a sudden release of dozens of stress-producing hormones and neurotransmitters.
- 2) These chemicals immediately interrupt the normal functioning of your brain, impairing logic, reason, language processing, and communication.
- 3) Start developing stress in the mind of the listener.

Yin- Yang aspect of thinking:

- 1) Necessary, to be on the sunny side of a life, should learn to define influences of negative Yin energy and positive Yang energy.
- 2) Negative Yin energy and positive Yang energy connect to emotional streams very closely and with our fortune.
- 3) Sunny side of a life connects to positive Yang energy. Positive energy can be accumulated and transformed from negative energy.
- 4) To solve your problems, to realize dreams, it is necessary to move purposefully to the sunny side of life. Only there, one is guaranteed everything and everything you want, will come true and will get all the pleasures of the life.
- 5) Every second , minute turn into year and if the person expects happiness, but does not go aside the sunny side of a life, his chances to find what he wants and to construct around himself, are lost forever.

Positive Transformation:

- 1) All people have identical starting opportunities to transform the life in happiness and gain all the treasures of the life.
- 2) Every person has an identical opportunity to be happy, but only one takes advantage, and others do not.
- 3) Magic of positive psychology guarantees to transform you in a happy, cheerful, and successful person.

Impact of Positive words:

- 1) Positive words and thoughts propel the motivational centres of the brain into action.
- 2) They help in building resilience when faced with life’s problems.

- 3) According to Sonja Lyubomirsky, one of the world's leading researchers on happiness, if you want to develop lifelong satisfaction, you should regularly engage in positive thinking about yourself, share your happiest events with others, and savour every positive experience in your life.
- 4) Research has shown, the mere repetition of positive words like love, peace, and compassion will turn on specific genes that lower your physical and emotional stress.
- 5) You feel better, live longer, and build deeper and more trusting relationships with others—at home and at work.
- 6) As Fredrickson and Losada point out, when you generate a minimum of five positive thoughts to each negative one, you'll experience "an optimal range of human functioning."

Most Powerful word – "Yes"

Positive Magic words (21 days Therapy)

Day 1:

1. Achievement
2. Aspiration
3. Assertive

Day 2:

4. Appreciate
5. Courage
6. Character

Day 3:

7. Conviction
8. Compassion
9. Cheerful

Day 4:

10. Determination
11. Devotion
12. Dedicated

Day 5:

13. Discipline
14. Extra Mile
15. Efficiency

Day 6:

16. Enthusiasm
17. Encouragement
18. Excellence

Day 7:

19. Empathy
20. Focus
21. Forgive

Day 8:

- 22. Goal
- 23. Hope
- 24. Happiness

Day 9:

- 25. Inner Strength
- 26. Indomitable
- 27. Invincible

Day 10:

- 28. Inspiring
- 29. Justice
- 30. Jubilant

Day 11:

- 31. Joy
- 32. Kind
- 33. Leadership

Day 12:

- 34. Love
- 35. Magnificent
- 36. Noble

Day 13:

- 37. Never Say No
- 38. Optimism
- 39. Opportunity

Day 14:

- 40. Positive
- 41. Passionate
- 42. Progress

Day 15:

- 43. Perseverance
- 44. Quest
- 45. Righteousness

Day 16:

- 46. Relax
- 47. Smile
- 48. Success

Day 17:

- 49. Strength
- 50. Spiritual

51. Team

Day 18:

52. Truth

53. Tolerance

54. Transformation

Day 19:

55. Therapy

56. Unbiased

57. Value

Day 20:

58. Victory

59. Valiant

60. Win

Day 21:

61. Willpower

62. Warm regards

63. Zeal

Plus Approach - Geeta

- 1) "We know what we are but not what we may be." - Ophelia in Hamlet, by John William Waterhouse, 1894
- 2) "I have not failed. I have just found 10,000 things that do not work." - Thomas Edison 1847-1931
- 3) "The brain is wider than the sky." - Emily Dickinson (1830-1886)
- 4) "Great spirits have often overcome violent opposition from mediocre minds." - Albert Einstein , (1879-1955)
- 5) "We are so made, that we can only derive intense enjoyment from a contrast and only very little from a state of things." - Sigmund Freud (1856-1939)
- 6) "I am not bound to succeed, but I am bound to live up to what light I have." - Abraham Lincoln (1809-1865)
- 7) "Don't become a mere recorder of facts, but try to penetrate the mystery of their origin." - Ivan Pavlov (1849-1936)
- 8) "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." - William James (1842-1910)
- 9) "There is nothing either good or bad, but thinking makes it so." - Shakespeare (Hamlet)
- 10) "The habit of giving only enhances the desire to give." - Walt Whitman
- 11) "As we advance in life we learn the limits of our abilities." - James A. Froude 1818-1894, British Historian
- 12) "I know I have the ability to do so much more than just stand in front of the camera the rest of my life." - Jennie Garth 1972-, American Actress
- 13) "Don't measure yourself by what you've accomplished, but rather by what you should have accomplished with your abilities." – John Wooden
- 14) "If you think you can, you can. If you think you can't, you're right!" – Mary Kay Ash
- 15) "We cannot restore integrity and morality to our society until each of us – singly and individually – takes responsibility for our actions." – Harry Emerson Fosdick
- 16) "Action on the move creates its own route, creates to a very great extent the conditions under which it is to be fulfilled and thus baffles all calculation." – Henri Bergson
- 17) "Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant." - Horace 65-8 B.C.
- 18) "The aim of an argument or discussion should not be victory, but progress." - Joseph Joubert
- 19) "What I must do is all that concerns me, not what the people think."- Ralph Waldo Emerson
- 20) "Trials, temptations, disappointments -- all these are helps instead of hindrances, if one uses them rightly. They not only test the fiber of a character, but strengthen it. Every conquered temptation represents a new fund of moral energy. Every trial endured and weathered in the right spirit makes a soul nobler and stronger than it was before."-James Buckham
- 21) "Some men have thousands of reasons why they cannot do what they want to, when all they need is one reason why they can." – Mary Frances Berry
- 22) "My motto was to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was to keep swinging."-Hank Aaron
- 23) "A day spent without the sight or sound of beauty, the contemplation of mystery, or the search of truth or perfection is a poverty-stricken day; and a succession of such days is fatal to human life."-Mumford, Lewis ; 1895-1990, American Social Philosopher

- 24) "When [he] was asked from whom he learned goodness, he replied, 'from those without goodness, because what seemed unbecoming in them I avoid doing myself.'" - Sufi master
- 25) "I always knew I was going to be rich. I don't think I ever doubted it for a minute." - Warren Buffett 1930-, American Investment Entrepreneur
- 26) "No one is any better than you, but you are no better than anyone else until you do something to prove it." - Donald Laird
- 27) "If you think you can, you can. If you think you can't, you're right!" - Mary Kay Ash
- 28) "Before you can inspire with emotion, you must be swamped with it yourself. Before you can move their tears, your own must flow. To convince them, you must yourself believe." - Winston Churchill
- 29) "Any change, even for the better, is always accompanied by drawbacks and discomforts." - Arnold Bennett 1867-1931, British Novelist
- 30) "Those who stand for nothing fall for anything." - Alexander Hamilton
- 31) "In judging character, too often we mistake rigidity for morality." - Dero Ames Saunders
- 32) "Some day, in years to come, you will be wrestling with the great temptation, or trembling under the great sorrow of your life. But the real struggle is here, now, in these quiet weeks. Now it is being decided whether, in the day of your supreme sorrow or temptation, you shall miserably fail or gloriously conquer. Character cannot be made except by a steady, long continued process." - Phillips Brooks
- 33) "He who reigns within himself and rules his passions, desires, and fears is more than a king." - John Milton
- 34) "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." - Martin Luther King Jr.
- 35) "I would define true courage to be a perfect sensibility of the measure of danger, and a mental willingness to endure it." - Sherman, William T. ; 1820-1891, American Army Commander
- 36) "Courage is doing what you're afraid to do. There can be no courage unless you're scared." - Eddie Rickenbacker
- 37) "Courage is about the management of fear, not the absence of fear." - Rudy Giuliani
- 38) "Each indecision brings its own delays and days are lost lamenting over lost days...What you can do or think you can do, begin it. For boldness have magic, power, and genius in it." - Johann Wolfgang von Goethe 1749-1832, Poet, Novelist, and Scientist
- 39) "Being defeated is often only a temporary condition. Giving up is what makes it permanent." - Marilyn vos Savant 1946-NA
- 40) "Defeat is simply a signal to press onward." - Helen Keller
- 41) "You can't push anyone up the ladder unless he is willing to climb himself." - Andrew Carnegie
- 42) ""Our greatest enemies, the ones we must fight most often, are within." - Thomas Paine
- 43) "Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but rather we have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit." - Aristotle
- 44) "Before you can inspire with emotion, you must be swamped with it yourself. Before you can move their tears, your own must flow. To convince them, you must yourself believe." - Winston Churchill
- 45) "When a father gives to his son, both laugh; when a son gives to his father, both cry." - Proverb, Jewish; Sayings of Jewish Origin
- 46) "Somewhere, something incredible is waiting to be known." - Carl Sagan, astronomer

- 47) "It is no use saying, "We are doing our best." You have got to succeed in doing what is necessary."- Winston Churchill, British statesman
- 48) "Always make a total effort, even when the odds are against you." - Arnold Palmer, golfer
- 49) "It is the nature of man to rise to greatness if greatness is expected of him." – John Steinbeck, author
- 50) "We must walk consciously only part way toward our goal and then leap in the dark to our success."-Henry David Thoreau
- 51) "It is not enough to take steps which may some day lead to a goal; each step must be itself a goal and a step likewise.: Goethe
- 52) "Ah, but a man's reach should exceed his grasp, or what's a heaven for?"-Robert Browning
- 53) "Big goals get big results. No goals get no results or somebody else's results."- Mark Victor Hansen
- 54) "It is not enough to be industrious; so are the ants. What are you industrious about?"-James Thurber
- 55) "He who has a why to live for can bear almost any how."-Friedrich Nietzsche
- 56) "We all have something to give. So if you know how to read, find someone who can't. If you've got a hammer, find a nail. If you're not hungry, not lonely, not in trouble – seek out someone who is."-George H. W. Bush
- 57) "Even a small star shine in the darkness."- Finnish Proverb
- 58) "I want to be thoroughly used up when I die, for the harder I work the more I love. I rejoice in life for its own sake. Life is no brief candle to me; it is a sort of splendid torch which I've got a hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations.-George Bernard Shaw
- 59) "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."-Dalai Lama
- 60) "The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard."-Gaylord Nelson
- 61) "One kind word can warm three winter months."-Japanese Proverb
- 62) "Kindness is a language which the deaf can hear and the blind can read."-Mark Twain
- 63) "The ideals which have lighted my way, and time have given me new courage to face life cheerfully, have been kindness, beauty and truth."-Albert Einstein
- 64) "The natural fights of the human mind are not from pleasure to pleasure but from hope to hope."-Samuel Johnson
- 65) "A leader takes people where they want to go. A great leader takes people where they don't necessarily want to go, but out to be."-Rosalynn Carter
- 66) "There are two ways of spreading light; to be the candle or the mirror reflecting it."- Edith Wharton
- 67) "The supreme happiness of life is the conviction that one is loved; loved for oneself, or better yet, loved despite oneself."- Victor Hugo
- 68) "The people who get on in this world are the people who get up and look for the circumstances they want, and if they cannot find them, make them."-George Bernard Shaw
- 69) "The fault is not in our stars, but in ourselves."-Shakespeare
- 70) "Though we travel the world over to find the beautiful, we must carry it with us or we find it not."-Ralph Waldo Emerson

- 71) "Good thoughts bear good fruit, bad thoughts bear bad fruit – and man is his own gardener." -James Allen
- 72) "When I was 15, I had underwear. When that failed, I had a lucky hairdo, then a lucky race number, even lucky race days. After 15 years, I've found the secret to success is simple. It's hard work." - Margaret Groos
- 73) "Duty is a very personal thing. It is what comes from knowing the need to take action and not just a need to urge others to do something." -Mother Teresa
- 74) "I don't wait for moods. You accomplish nothing if you do that. Your mind must know it has got to get down to work." -Pearl S. Buck
- 75) "Success isn't a result of spontaneous combustion. You must set yourself on fire." -Arnold H. Glasgow
- 76) "What you can do, or dream you can, begin it. Boldness has genius, power and magic in it." - Goethe
- 77) "A ship in harbor is safe – but that is not what ships are for." -John A. Shedd.
- 78) "If bravery is a quality which knows not fear, I have never seen a brave man. All men are frightened. The more intelligent they are, the more they are frightened. The courageous man who force himself, in spite of his fear, to carry on." - General George S. Patton, JR
- 79) "Even when I was in the orphanage, when I was roaming the street trying to find enough to eat, even then I thought of myself as the greatest actor in the world. I had to feel the exuberance that comes from utter confidence in yourself. Without it, you go down to defeat." - Charlie Chaplin
- 80) "Discipline without freedom is tyranny; freedom without discipline is chaos." -Cullen Hightower
- 81) "A habit is like old – fashioned adhesive tape –easy to stick on, but the longer it stays the harder it is to get off, until finally, when it's ripped off; it takes skin and all with it." -Sydney J. Harris
- 82) "Moral Excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts." - Aristotle
- 83) "In mathematics an integer is a number that isn't divided into factions. Just so, a man of integrity isn't divided against himself. He doesn't think one thing and say another – so he's not in conflict with his own principals." - Arthur Gordon
- 84) "The way to gain a good reputation is to endeavor to be what you desire to appear." -Socrates
- 85) "The time is always right to do what is right." -Martin Luther King Jr.
- 86) "The reputation of thousand years may be determined by the conduct of one hour." -Japanese Proverb
- 87) "Be sure your put your feet in the right place, and then stand firm." -Abraham Lincoln
- 88) "I desire to so conduct the affairs of this administration that if, at the end, when I come to lay down the reins of power. I have lost every other friend on earth, I shall have at least one friend left – and that friend shall be down inside me." -Abraham Lincoln
- 89) "I wish parents would understand that if their child drops eight fly balls one day, then only drops six the next, that's reason to go to Dairy Queen. The principal thing is competing against yourself. It's about self – improvement, about being better then you where the day before." - Stave Young.
- 90) "Determine that the thing can and shall be done and then we shall find the way." - Abraham Lincoln
- 91) "Peak performers want more then merely to win the next game. They see all the way to the championship. They have a long range goal that inspires commitment and action." -Charles A. Garfield
- 92) "The trouble with not having a goal is that you can spend your life running up and down the field and never scoring." - Bill Copeland
- 93) "The Long run men hit only what they aim at." - Henry David Thoreau

- 94) "The man who removes a mountain begins by carrying away small stones."-Chinese Proverb
- 95) "The world is moved not only by the mighty shoves of the heroes but also by the aggregate of the tiny pushes of each honest worker."- Helen Keller
- 96) "If you can't feed a hundred people, then feed just one."-Mother Teresa
- 97) "Dig a well before you are thirsty."- Chinese Proverb
- 98) "The will to win is not nearly as important as the will to prepare to win."-Bobby Knight
- 99) "Discovery consists of seeing what everybody has seen and thinking what nobody has thought."- Albert Szent – Gyorgyi
- 100) "Doing your best at this moment puts you in the best place for the next moment."- Oprah Winfrey
- 101) "The work praises the man."- Irish Proverb
- 102) "Action may not always be happiness, but there is no happiness without action."- Benjamin Disraeli
- 103) "Few things help an individual more than to place responsibility upon him and to let him know that you must trust him."- Booker T. Washington
- 104) "Coming together is a beginning; keeping together is progress; working together is success."-Henry Ford
- 105) "Husband and wives complete themselves through each other, and the whole of the union becomes stronger and more wonderful than the sum of the two parts."-William J. Bennett
- 106) "Although the world is full of suffering, it is also full of the overcoming of it."-Helen Keller
- 107) "Adversity causes some men to break, others to break records."-William Arthur Ward
- 108) "Adversity is the trial of principle. Without it, a man hardly knows whether he is honest or not."-Henry Fielding
- 109) "The gem cannot be polished without friction"-Chinese Proverb
- 110) "Wherever we look upon this earth, the opportunities take shape within the problems."-Nelson A. Rockefeller
- 111) "Anyone become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way – that is not easy."-Aristotle
- 112) "Men are like steel. When they lose their temper, they lose their worth."-Chuck Norris
- 113) "The greatest remedy for anger is delay. "-Seneca
- 114) "Every man should keep a fair –sized cemetery in which to bury the faults of his friends."-Henry Ward Beecher
- 115) "Write injuries in the sand, kindnesses in marble."-French Proverb
- 116) "Perseverance is not a long race; it is many short races one after another."-Walter Elliott
- 117) "Fall seven times, stand up eight "-Japanese Proverb
- 118) "You may have to fight a battle more than once to win it".-Margaret Thatcher
- 119) "Patience is a necessary ingredient of genius."-Benjamin Disraeli
- 120) "I had no special sagacity – only the power of patient thought"-Sir Isaac Newton
- 121) "Lose an hour in the morning and you will be looking for it the rest of the day."-Lord Chesterfield

- 122) "Most time is wasted in minutes, not hours. The average person diddles away enough minutes in ten years to have earned a college degree."-Dale Turner
- 123) "Happiness is not a station you arrive at, but a manner of traveling."-Margaret Lee Rubeck
- 124) "Look to this day, For yesterday is but a dream, And tomorrow is only a vision, But today, well lived, Makes every yesterday a dream of happiness And every tomorrow a vision of hope. Look well, therefore, to this day."-
Sanskrit Proverb

Self – Analysis Questionnaire

Time : 15 Minutes

In order to assess yourself start doing following questionnaire:

1) Can you adjust to any situation

- a) With Difficulty
- b) With Ease
- c) After some time

2) Are you ready to solve problems

- a) Seldom
- b) Always
- c) Remains Neutral

3) Do you take decisions

- a) Quickly
- b) With difficulty
- c) Cautiously

4) Are your goals decided before moving ahead

- a) Yes , always
- b) Yes , by and large
- c) No

5) Have you decided major goals in life

- a) Yes , already done
- b) Yes , in process of decision
- c) No

6) Do you have specific program to achieve goals

- a) Yes

- b) I am planning to do so
- c) No

7) Do you get disturbed with problems

- a) Yes
- b) No
- c) Seldom

8) Do you control your attitude

- a) Yes
- b) No
- c) Seldom

9) Do you know your strengths

- a) Yes, already identified
- b) No , Yet to be identified
- c) *In a process of identifying*

10) Do you know your weaknesses

- a) Yes, already identified
- b) No , Yet to be identified
- c) In a process of identifying

11) Do you react sharply to a situation

- a) Yes
- b) No
- c) Seldom

12) Do you like to do work

- a) With rigid targets
- b) with flexible targets
- c) without Targets

13) When targets are not met, you

- a) Analyse and revise the targets
- b) Revise the targets
- c) Get disturbed

14) Do you try to analyze & evaluate your thinking

- a) Yes
- b) No
- c) Seldom

15) Are you generally

- a) Happy
- b) Depressed
- c) Mixed mood

16) Are you open minded on issues

- a) Always
- b) Seldom
- c) Never

17) Generally your work is completed

- a) In time
- b) Delayed
- c) In moderate time

18) I lose my control on temper

- a) Never
- b) Always
- c) Seldom

19) In a party , I want to be

- a) With the colleagues
- b) Moderately mixing
- c) Remain in isolation

20) I do exercise etc. to maintain body and mind

- a) Daily
- b) Never
- c) Seldom

21) Are you always ready to help others

- a) Yes
- b) No
- c) Seldom

22) Do you consult others on the subject ,not known to you

- a) Yes , but limited to known persons
- b) Yes , To all
- c) No

23) Do you think before speaking

- a) Yes
- b) Seldom
- c) No

24) Are you liked by colleagues

- a) Yes
- b) Perhaps
- c) No idea

25) You can change your plans or decisions

- a) with ease
- b) with difficulty
- c) No change in decision

26) When working together ,you intend to resolve disagreements

- a) Yes
- b) Seldom
- c) No

27) Do you take corrective action , in case of any error

- a) Yes
- b) No
- c) Seldom

28) You stop trying after failure

- a) Yes
- b) No
- c) Seldom

29) Do you manage to complete work within time limit

- a) Yes,
- b) Yes , with difficulty
- c) No

30) Do you reply letters promptly

- a) Yes
- b) No

31) I believe on future planning

- a) Yes
- b) Yes , but to limited extent
- c) No , I don't believe

32) In case of a death of near and dear

- a) Weep with outburst
- b) Weep with controlled emotions
- c) Avoid weeping

33) I am open for improvement

- a) I feel I am OK
- b) Always open
- c) Open unto some extent

34) Results for any work done are required

- a) Quickly
- b) Can wait for results

35) Generally , I am

- a) Satisfied with present status
- b) Shall work for more
- c) Shall continuously work for extra

36) How fast you bounce back after failure

- a) Quickly
- b) Very difficult
- c) After some time

37) How is your thinking

- a) Always Positive
- b) Negative
- c) Mixed

38) When time is fixed , you try to reach

- a) In time
- b) Late
- c) Seldom late

39) Do you visualise actions required to be taken in next month

- a) Always
- b) Not at all
- c) Seldom

40) Do you try to remain happy

- a) Yes
- b) Some time happy
- c) Generally depressed

Analysis of Questionnaire

Take out the answered questionnaire and do the marking based on the attached marking plan and put your marks on the assessment sheet. Now you can find out gray areas of shortcomings in your personality, where you get less than 75 % marks. These features of personality require improvement within a definite time schedule. Put the improvements required in the “Commitment Sheet” and review the same on monthly basis. If, you are not able to do so: Don’t leave –**Try and Try again till Win over the shortcomings.**

By adopting above approach you can develop plus attitude toward yourselves and toward environment. **Success in life is waiting for you. With open arms,** need is to adopt the plus attitude and you will be more **effective, efficient and powerful.**

Therefore, take a pledge.

I take a pledge that from this moment onwards “I shall maintain Plus Mental Attitude with smiling face and whenever due to any circumstances I go to negative cycle, I shall come back to positive fold immediately. I will also firm up the belief that I can do, whatever I intend to do.”

“Good Luck”

Marking Plan

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
A	0	5	5	10	10	10	0	10	10	10	0	10	10	10	10	10
B	10	10	0	5	5	5	10	0	0	0	10	5	5	0	0	5
C	5	0	10	0	0	0	5	5	5	5	5	0	0	5	5	0

	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
A	10	10	10	10	10	5	10	10	10	0	10	0	10	10	10	0
B	0	0	5	0	0	10	5	5	5	5	0	10	5	0	5	5
C	5	5	0	5	5	0	0	0	0	10	5	5	0	-	0	10

	33	34	35	36	37	38	39	40
A	0	5	0	10	10	10	10	10
B	10	10	5	0	0	0	0	5
C	5	-	10	5	5	5	5	0

How to use the marking plan :

- (1) Suppose for question no.1 , you have ticked at option ' b ' of the questionnaire, then your score will be, 10.

Put mark in appended assessment sheet against heading '**Attitude**' and Question no. 1.

Assessment sheet

Attitude:

Q no	1	16	23	25	30	37	Total(60)
Marks							

Goals:

Q no	3	4	5	6	12	13	Total(60)
Marks							

Emotions:

Q no	7	8	9	10	11	15	18	32	40	Total(90)
Marks										

Time:

Q no	17	20	29	38	Total(40)
Marks					

Learning from past:

Q no	14	27	33	Total(30)
Marks				

Team work:

Q no	19	24	26	Total(30)
Marks				

Visionary approach:

Q no	31	39	Total(20)
Marks			

Initiative:

Q no	2	21	22	35	Total (40)
Marks					

Perseverance:

Q no	28	34	36	Total (30)
Marks				

A) Total Marks: 400

B) Marks Obtained (To be filled by individual after marking) :.....

C) Percentage: $B/A * 100 =$

***Areas of improvement where marks scored is less than 70%.*

Reference:

- 1) Power of Self- Acceptance and positive thinking
- 2) Mental Healing: by Kimberly Bibbo

