

HUMAN INTEREST

Tips to Think Positive in Tough Times

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(NU) - In today's tough economic climate, it's easy to feel dissatisfied with your life – your job's awful, bills are piling up, you're barely home to see your kids and you can't see an end in sight. But, as hard as it is, you need to let those negative thoughts go.

Johnna Parr, network marketer and author of the book, *When the Dream is Big Enough*, says, "If you focus on all the things that are wrong, you're destined to stay there."

Parr should know – she struggled for years until a fundamental change in her thinking led her to personal and professional success. "The more I focused on my blessings, the more blessings came my way."

Of course, breaking an old thought pattern is never easy, even in the best of times. Those who find themselves unable to afford things they once took for granted may wonder exactly what's so blessed about their current situation. But finding the positives in your life will send more your way. Parr shares some tips to change your frame of mind:

- **Go ahead – write a list detailing everything you hate in your life.** Let's say you wrote "In credit card debt" and "I don't have enough money." Now turn those things around. For example, put a line through "In credit card debt" and write, "Bills are paid" in its place. Instead of "I don't have enough money," write, "I have enough money to do everything that I want." Concentrate on your new statements –



**Want to change your life?
First, change your thinking.**

these are the thoughts you need to focus on if you want to change your life.

- **Always have a big dream.** Concentrating on a goal will help give your life purpose, preventing you from falling into ruts. Parr suggests creating "a dream board" – a board with visual aids showing what you want to accomplish. But simply writing your goals down isn't enough. Whenever you look at your dream board, try not to think of your dreams not as wishes, but as expectations. If you expect to accomplish a goal, you will.

- **Forget the past.** You can't change actions you've already taken, but you can proceed without allowing past failures to hinder new accomplishments. Don't focus on current problems, but on current possibilities. "No matter how many setbacks you have suffered, no matter whom or what has tried to stop your progress, today is a new day," says Parr.

To get more advice from Johnna Parr or to learn about her book, visit the Web site www.johnnaparr.com.