

Do you see the positive side of things?

Until you're proven wrong, you might as well assume you'll receive the best possible outcome.

by **Jim Hinds**

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In life there are generally two ways of seeing things, we can choose to view them through negative or positive filters (Perhaps you've heard it referred to as seeing through rose colored glasses when things are viewed in a positive light).

When I'm faced with situations in my life where I've got the choice to assume the best, or worst, I like to recite the following quote to myself - and to others...

"Until you're proven wrong, you might as well assume you'll receive the best possible outcome"

I think there's a lot of truth to the term self-fulfilling prophecy. Meaning that if a person runs around thinking of all the reasons things can't possibly work out for them, they end up giving power to the very things they don't want to have happen.

In summary, we tend to get what we most focus on.

That being the case, doesn't it stand to reason we would benefit from seeing things through a more optimistic lens?

I'd also add that I'm not saying that everything is going to work out for the best in every single instance. However, even in the worst of times we can choose how we respond to the things that happen to us. We can make the choice to do what is necessary to dig ourselves out of the place we are now-- reminding ourselves that in time, if we refuse to give up and stay in the game, our life will turn for the better and we'll see the positive results we desire.

Make a point of focusing on your desired outcomes and you will have taken a major step towards assuring yourself that you will meet with success!

-- All the best, Josh Hinds



Josh Hinds of GetMotivation.com specializes in helping people to achieve maximum success and live the life of their dreams. Visit his site to receive the *Let's Talk Motivation* newsletter!
