

Positive and Negative Influences in Your Life

You can choose to surround yourself with positive supportive people that encourage you to reach your goals and motivate you to be a better human being and reach your full potential.

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Who we spend our time with will impact our thought processes. It will affect how we think and feel and how we respond to circumstances. Negative thoughts, the conversations we have with ourselves, can lead to anxiety and/or fear which can lead to paralysis which can eventually lead to depression.

**Our goal is to
replace those
negative thoughts that are
caused by distorted thinking with
thoughts that lead to comforting,
encouraging and empowering
thoughts.**

This allows you to believe you are worthy of success and gives you the ability to take control of your life, giving you the ability to make a positive impact on the lives of others. Once you have broken down these barriers you will be in control of your life and be on the road to living a life of prosperity and fulfillment.

You must replace negative thoughts with positive thoughts. Here are some examples:

Negative thought: I am not worthy of success, look at my past.

Positive affirmation: I have been created for a purpose and I am worthy to succeed.

Negative thought: I am afraid to fail again

Positive affirmation: I am no longer fearful of failing because I will succeed.

Negative thought: I am worried about what others may think of me.

Positive affirmation: My self-esteem raises me above what others think of me; what matters is how I feel about myself.

Negative thought: I can never do anything right.

Positive affirmation: Everything I do turns to gold and I can do anything I set my mind to.

Negative thought: I am always falling short of my goals because I never finish what I start.

Positive affirmation: If I don't finish my goals, I reset them and start where I left off and don't give up until I have reached my goal.

Negative thought: Things always go wrong for me.

Positive affirmation: Success follows me wherever I go.

Negative thought: I am so weak I need to follow others; I am afraid to be a leader, who would follow me anyway?

Positive affirmation: I am such a positive influence on others that they want to follow where I lead.

Negative thought: What if I try it and it doesn't work?

Positive affirmation: I will do whatever it takes until I make it work!

Negative thought: I can't focus on anything for long periods of time.

Positive affirmation: One of my best attributes is my ability to focus and stay on task.

Negative thought: I am always getting sick.

Positive affirmation: I am a healthy person with lots of energy. I eat healthy and exercise to maintain my energy and long-term health.

Negative thought: I do not like the way I look.

Positive affirmation: I am attractive from the inside out and people are attracted to me.

Make a list of the negative self-talk that you say to yourself on a regular basis. Write them down on a separate sheet of paper and replace them with positive affirmations.

Negative thoughts:

Positive affirmations:

Positive comments to live your life by:

- Little things like that just don't matter.
- It's not worth getting upset over, this too shall pass.
- I am taking this too seriously, its not that bad.
- It's no big deal so why bother to get all bent out of shape.
- If it's to be it is up to me. I know I can do this.
- I attract what I want.
- I believe in everyone but I do not count on anyone.
- I will let my actions speak for me by setting a good example.

On a separate sheet of paper answer the following questions:

List any failures you have experienced in your life:

How did these failures affect you?

Looking back in time what would you have done differently?

What did you learn from these mistakes?

List some of the successes you have achieved:

It is time you focus on the good in your life and let go of past failures/disappointments except to use it them in identifying the things you don't want to repeat.

Identify the types of influences in your life:

Unfortunately, some of the negative in your life will come from the people around you. Learn to limit your time with those people. Some people can be negative and opinionated about certain things. Therefore, you need to avoid talking about those issues. But there are those people who are negative about everything. And being around them can be exhausting and counter productive.

You can choose to surround yourself with positive supportive people that encourage you to reach your goals and motivate you to be a better human being and reach your full potential.

Or you can choose to be around those that will cause you to live with regrets. It's up to you.

What types of influences do you have in your life that can be holding you back? Here are some examples:

- Anger and/or guilt left over from past mistakes.
- Bad news on TV or in the newspaper.
- Negative unsupportive people in my life.
- Friends that do not want to see me succeed beyond them.
- Co-workers who are jealous of me moving on.
- Parents who continue to put me down.
- _____
- _____

On a separate sheet of paper answer the following questions:

List the people, activities and habits you need to separate yourself from to free yourself of negative influences.

Here are some, of what you can do to be proactive.....

What influences in your life are helping you to believe more in yourself?

- Learn to control your anger and let go of the baggage of yesterday.
- Join a professional or business support group that will encourage you to be all you can be.
- Read positive, self help books along with autobiographies of inspirational people.
- Listen to motivational CD's by success oriented people.
- Read the business section of the newspaper.
- Associate with people who are moving on and success driven.
- Church groups that support and lift you up. "*Life groups*"

What can you do to get new direction/inspiration to re-engineer your future?

List the things you can do and the people or groups you can associate with to help you stay focused and keep you positive.



Jim Bellacera believes most people go to their grave living quite desperate lives without ever really knowing what they could have done to make it more meaningful and full of purpose or what positive contributions they could have made because they were afraid of the unknown. The unknown will always be present but you have to take a step in faith. Jim likes to tell people to draw a line in the sand and step

over it and to never look back until you have achieved your goals. See more about Jim at <http://successfulthinkersnetwork.com/stn/>