

FRONT

POSITIVE THINKING

LIKE ATTRACTS LIKE

The universe abides by the law of attraction: *Like Attracts Like*.

The opposite also holds true: *Negative Attracts Negative*.

If you are having a bad day and one thing goes wrong after another- *you can change it!*



ANTA.TRAININGFORNURSES@GMAIL.COM

BACK

SMILE

A simple smile, even for no particular reason, helps generate positive feelings. Use this to jump start your attitude towards positive thinking.

HANDS ON

Try making a collage of things you want: time to go to the beach or spend with family, a new car or home, or an advance degree. Take pictures from magazines, newspaper articles, your own drawings and put them together to make a daily visual prompt for yourself.

SHARE

Not only can you start using *The Secret* today, but you may now share it with as many people as you desire! There is *no limit* to the universe's energy.

YOUR TURN

Select a goal for yourself, something big that previously you might have thought of as out of reach. Now practice the art of positive thinking and watch your objective transpire!

Ask:

Believe & Receive

INSIDE

THINK POSITIVE

The idea of *like attracts like* translates for you into: think positive and get positive reactions. By thinking positive thoughts, feelings, and actions you will attract the same.

UNIVERSE IS YOUR GENIE

Imagine the universe as your personal genie and your wish is its command! Be careful what you wish for: "I will never be able to do this..." you just sent out your wish.

"THE SECRET"

This idea of like attracts like and positive thinking has been coined "The Secret." However, it has been known by many of history and present day's most accomplished and successful people.

EVERYTHING & ANYTHING

Use positive thinking to improve or maintain all aspects of your life: Happiness, Love, Health, Career, & Financial.

VISUALIZE

It is not enough to say, "I will make more money/find true love/be more healthy/advance in my career." You must focus on the thoughts daily and picture yourself already, "making more money/having found someone special/eating right and exercising/getting a promotion." See and feel all the things/thoughts/feelings that come with them.

ASK, BELIEVE, RECEIVE

Once you ask for what you want and believe in it, the universe will start to change around you to allow it to occur. This may take time, be patient. It is still your responsibility to be aware of your cue to act, continue the process!

PRACTICE

At first, positive thinking may not come natural. You need to give it time and practice till it becomes a habit. Retrain the way you think; it will be more than worth the effort. You can do it, give it a chance!

POWERFUL TOOL

The mind is your most powerful tool. "Nothing can stop you when you put your mind to it." When someone is asked how they achieved success, how often do we hear: "I never stopped believing in myself."

POSITIVE IMAGING

The mind cannot picture a "not" image. Consider the example: Don't play in the street!" A child sees, "play in the street." Try rephrasing to get desired actions from others.

PRAYER

Through the ages the power of prayer and religious belief has sometimes caused miracles. The idea of positive thinking and like attracts like is very similar and can also have a very powerful effect.