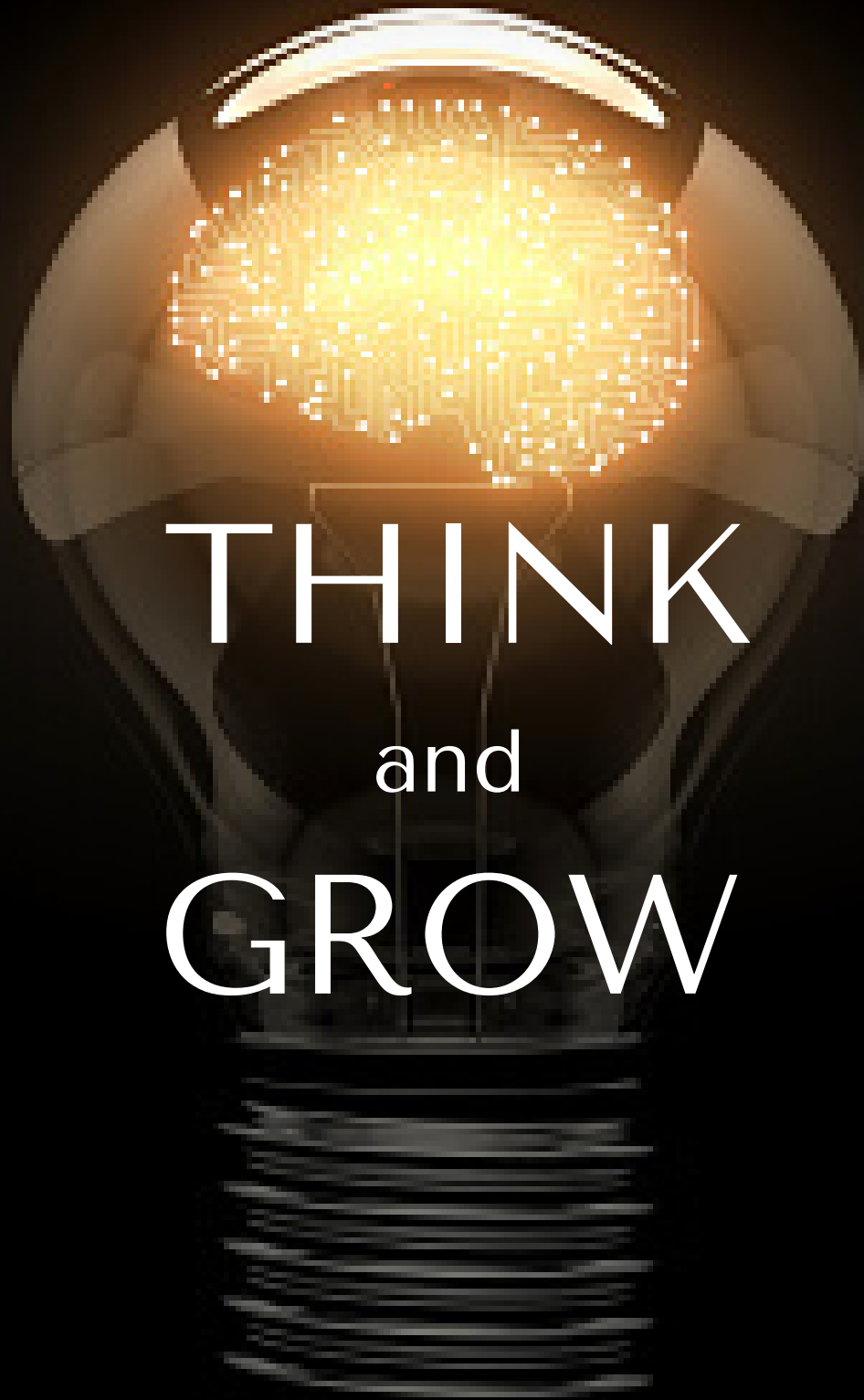


The Workbook



THINK
and
GROW

LESSON SIX

Recommended Reading: Chapter 12 pages 286-297

Especially: Page 292: 7 Major Positive Emotions

Page 293: 7 Major Negative Emotions

SELF-ASSESSMENT EXERCISES

It is essential for you to encourage positive emotions as dominating forces of your mind and discourage and eliminate negative emotions. For the next week, monitor your thoughts and emotions.

Carefully record every circumstance under which you express a Negative Mental Attitude (NMA), including the length of time you permit this attitude to prevail. Also, record all circumstances through which you act entirely out of a Positive Mental Attitude (PMA).

You will discover that every form of activity in which you engage a PMA, it will eventually lead to a successful conclusion. You will also discover that every circumstance in which you move under a NMA will end poorly.

Positive Mental Attitude

Negative Mental Attitude

HOW TO GET RID OF A NEGATIVE ADDICTION:

- Acknowledge that your mental attitude is the only thing over which you have complete control.
 - Do not speak in a negative manner.
 - Pay attention to the thoughts you're thinking throughout the day.
 - Find benefit in every adversity you've encountered.
 - Close the door of your mind on all past failures.
 - Get rid of any influence that doesn't support your Definite Purpose.
 - Find out what you want most in life and go after it.
 - Think of someone who inspires you.
 - Say or do something every day to make someone else feel better.
 - Do something good for others.
 - Understand that what kills you isn't defeat, but your attitude towards it.
 - Figure out what you love to do and do it as a labor of love.
 - Help others with their problems.
 - Study Ralph Waldo Emerson's Essay on Compensation
 - Take inventory of every asset you possess.
 - Apologize to people you have wronged.
 - Break bad habits.
 - Recognize that nobody can hurt you without your consent.
 - Don't engage in self-pity.
 - Don't try to control other people.
 - Give thanks for your blessings.
 - Refuse to take anyone's advice unless they give you a good reason to do so.
 - Remember: power comes from refusing to accept circumstances you don't like.
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HOW TO GET RID OF A NEGATIVE ADDICTION:

- Keep your body in shape.
 - Be tolerant.
 - Love.
 - Return every benefit you receive with one of equal or greater value.
 - Don't fear getting old.
 - Trust that there are solutions to all problems.
 - Rely on the positive examples of others.
 - Don't get offended by criticism.
 - Align with people dedicated to success.
 - Learn the difference between wishing, hoping, desiring, and having a burning desire to achieve your goal.
 - Don't talk poorly about other people.
 - Have the courage to be yourself.
 - Believe in the people you associate with.
 - Review this list regularly.
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