

Daily Positive Thoughts

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This is Our Article:

- **Daily Positive Thoughts**

It is about:

- *The Idea of Thinking Positive*
- *The Idea of Daily Positive Thoughts*

Every **Day** that We Live

it is **Possible** to **Think Positive**

So, **Every Day** it is **Possible** to have **Daily Positive Thoughts**

Waking Up Each Day

Every **Morning**, as soon as we **wake up**:

- we want to **Get Off** to A **Good Start**

The Best **Beginning** for **Our Day** is when:

- we **Feel Fresh**
- and are hopefully **thinking and seeing Clearly**

When we **Start Our Day**, at the **Time** of **waking up**:

- We **All** have Our **Own Method** to **awaken**

For **example**:

- Some **people** jump right out of bed
- while **others** lay there for **a while**
- and **Cherish** their **Night's sleep**

We **All** have Our **Own Method** to **awaken**

We **All** want The **Fresh Feeling**

In Our **New Day!**

About Daily Positive Thoughts

Getting Our *Day* off to A *Good Start* is Really a *Good Idea*

At the *Start* of *Each Day*, We could *Take A Little Time* to:

- *Collect Ourselves*
- *Get Our 'Bearings' Straight*
- *and to Focus on The Fact that*
- *it is a Brand New Day*

If We *Consider* this:

- *and Take some Time to Do it*
- *Then we Can Get off to A Good Start*

When We *Start Out Good*

then We can *Set the Way* for having

Daily Positive Thoughts

Starting Our Day Good

Some *people* are *Early Risers*:

- *They like to Get up Early*

Some *people* Like to:

- *Start their Day Active*

There is A Lot to Say about

The Benefits of Getting Up Early

If We Start Our Day Early

then there is usually Enough Time

to Get Things Done

Most people Do Many Things during *Their Day*

Whether We *Rise Early* or *Not*:

- *We still Need Time to Get Things Done*

It is A *Good Idea* to *Give Ourselves Time* when We *Start Our Day*

If We **Feel** Time-pressured when We **Start Our Day**, then
that can **Create a Feeling** of being **rushed**, or Time-pressured
If that **happens**, then it can **be**

More **Difficult** to Feel **Calm, Focused, and Positive**

During Our Day

Trying A Morning Routine

A Good **Way** to **Begin Our Day** is to:

- **Create A Healthy Morning Routine**

A **Morning Routine** would be:

- **A Positive Set of Duties or Tasks**
- **that We Do in The Morning**
- **at The Start of Our Day**

If We **Do This**, **A Morning Routine**

then we can **Start Our Day** with **Good Habits**

Some Ideas For A Morning Routine

Here are **A Few Ideas** for **Starting Our Day Good**

We can **Use These ideas** for **Making A Morning Routine**

When We **Try A Morning Routine**, it can

- **Help Us to Start Our Day Good**

With a **Method** for **Starting Our Day**, like **A Morning Routine**, We can:

- **Practice Our Focus**
- **And get Our Day Balanced from The Start**

Morning Routine Ideas

1. **Practice Good Breathing**
2. **Drink a Glass of Water** (some people prefer lemon water)
3. **Think about Our Morning and Plan it out**
4. **Make your bed**
5. **Have some Morning Exercise like Yoga or Meditation**
6. **Eat a healthy balanced breakfast**
7. **Think positive thoughts**

With a **Method** for **Starting Our Day**, like A **Morning Routine**:

- *We can*
- *Practice **Our Focus***
- *And get **Our Day Balanced** from **The Start***

When we **Begin Our Day Right**

and **Get Off** to A **Good Start**

then we can **Find The Peace**

When we **Do Begin Our Day Right**

then We can **Carry it with Us**

throughout the **Entire Day**

Us Finding Happiness

We All **know Happiness**

We have **All**:

- **Felt it Before**

Everybody **Seeks for Happiness**

And We **Spend** so much of Our **Entire Day Looking for it**

We are always **Looking for Ways to get and be Happy**

Sometimes it is just in the **Form of A Good Time**,

or other **Times** We might **Look** for something a bit **Deeper and Longer Lasting**

We are always **Looking for Ways to get and be Happy**

A Morning Routine As Helpful

Our Article is about:

- **Daily Positive Thoughts**

Also, We have **Mentioned**:

- **Happiness**

We **Think** that These **Two Things**:

- **Happiness**
- **A Morning Routing**

can be **Viewed as:**

- **Compatible or Mutual**

A Good **Morning Routine** can **Help Us** to **Start Our Day**

We probably Could **Find Some Happiness**

in A **Good Start** for Our **Day**

Usually, when we **Get Happy:**

- We **Fill Our Minds** with **Positive Thoughts**

Happiness can **Help Us** with getting **Positive Thought**

If We **Start Our Day Positive**

then This can **Help Us Find A Positive Day**

Happiness can **Help Us** with getting A **Positive Day**

Happiness can **Help Us** with getting **Positive Thoughts**

Since there are a **Lot of Ways** to **Increase Our Happiness!**

A **Morning Routine** is **One of Them**

More Ways For Daily Positive Thoughts

There are Many **Ways** for **Finding Daily Positive Thoughts**

We have **Mentioned** that:

- **Happiness** is **One of Them**

Four Ways To Boost Our Happiness

Method 1: Being Thankful

Being **Thankful** is just **like** being **Grateful**

This can **Produce** for **Us** a more **Meaningful Life**

Most of **Us** have so **much in life** and that **gives Us A Lot** to be **Grateful for**

When we are **Grateful** and truly **Appreciate** the **good things** that **We have**, then

We can **find ourselves** living with greater **Purpose** and **Passion**

This **Way**, We can **Try** to be more **Mindful of Ourselves**, our **friends** and our **surroundings**

Being Thankful enriches our **lives** and can **Help Us** to **grow** our life **Meaning**

By being **Present** and **Appreciative**, which is **Thankful**,

We can **See** Each Day as **New**, We can be **Thankful**

Being Thankful gives Us **Meaning** because

it **Allows Us** to **Capture** the Full **Essence** of **Every Moment**

Being Thankful is **Encouraging**

It can **Help Us Boost Our Happiness**

Method 2. Letting Go Of The Petty Things

Another **Way** for **Boosting Our Happiness** is

Letting Go Of The Petty Things

Far too **often**, We **Lose Our Focus** and get **caught up thinking** and being **bothered** by **petty things**

We **shouldn't** let **this** get Us **Down**

There are Several **Ways** that We can **refocus Our Energy and Tune in**

It is Good to have a **Brighter Outlook**

Ways To Let Go Of Petty Things

1. **Use a Deep Breathing Technique**
2. **Think Positive Thoughts**
3. **Change Our Perception**
4. **Immerse Ourselves in a Group Activity (like Yoga)**
5. **Focus Our Energy (like with Meditation)**
6. **Imagine Our Life ten years from Now**
7. **Laugh it Out**

It is always **Worthwhile** to **let go** and **not be bogged down** thinking about **petty things**

Letting Go Of The Petty Things can **Help Us Boost Our Happiness**

Method 3: Appreciate The Little Things

Another good **Way** to be **Happy** and have **Daily Positive Thoughts** is

to **appreciate the little things** in **life**

There is **so much** that We **take for granted** in **Life**

Also, there is *so much* that We *overlook and* just *don't see*.

We should *Try* to give *credit* to where *credit is due so often*

We should *Appreciate* so many *smaller things* that really *do* mean *so much* to *Us*

For *example*:

In *Baseball*, Not every *hit* is a *home run*

Many activities play a part in the *whole thing*

There are many *smaller things* that truly do *make a difference*

in Our *moment to moment* existence , Our *Life*

There are *many things* that *contribute* to Our *overall happiness*.

We really should *practice gratitude* for the many *everyday things* that We *have*

Many things are easy to *take for granted* and so We often *miss altogether*

It can be *Worthwhile* to *appreciate the little things* in *life*

A little bit of *kindness* can go *a long way*

To *appreciate the little things* in *life* may *Help Us Boost Our Happiness*

Method 4: Smile At Everyone We Meet

Another good *Way* to be *Happy* and have *Daily Positive Thoughts* is

to *Smile at Everyone We Meet*

Sure, we know that it *Sounds Difficult*, but:

What *if* We *could*

Smile at Everyone We Meet

This *Way*, to *Smile at Everyone We Meet*,

at least We *would* be *Giving* them *A Chance*

If We *Pay Attention* to Our *Day* and The *People* in *it*,

then *that* can be *Good*

It's very *Good* to become *More Aware* of *Others*

If we *Do* this, become *More Aware* of *Others* ,

then We can *Expand Ourselves*

If we *Do* become *More Aware* of *Others*,

then *This* can *Help Us* have *Daily Positive Thoughts*

Making Friends By Smiling

Maybe We *can* Make **More Friends** by **Smiling**

Considering Others can be a **Really Good Idea**

Smiling At People is **Positive**

If We can **Smile at people**,

And **Allow** a little **Time for Them**,

Then **This** can be **Really Great**

Everyone **Loves it** when Someone **Smiles at them**

And it can be **Our Choice** to **initiate it**

Everyone **Loves it** when Someone **Smiles at them**

And, when we **Do** this, then usually the **Other person Smiles right back** at **Us**

Whoa!

About Sharing A Warm Smile

A **Warm, Caring Smile** can **transmit**

A **Silent Message** of **Connection** and **Kindness**

And A **Smile** usually **Warms The Heart** of **that person**

These Kind of Things

generally make The World

A Better Place

Reviewing Daily Positive Thoughts

We **continue** about:

- **Daily Positive Thoughts**

We have **Mentioned** that:

- **Happiness is A Good Way** for
- **Finding Daily Positive Thoughts**

Happiness can **Help Us** with Our **Outlook**

This Way We might **See Daily Positive Thoughts** around **Us**

As We have said:

- ***Daily Positive Thoughts can be Good for Us***
- ***There are Many Ways to Find Daily Positive Thoughts***

Happiness is A Good Way for

Finding Daily Positive Thoughts

Happiness and Daily Positive Thoughts

So, ***then***, We can ***call Happiness***:

- A Tool for ***Finding Daily Positive Thoughts***

Finding Daily Positive Thoughts during Our ***Day*** can

help Us in ***Doing*** Our ***Tasks*** and ***Duties***

We can ***use Happiness*** for ***Finding Daily Positive Thoughts***

Some ***Good Ways*** to ***Find Happiness*** are:

to ***Surround Ourselves*** with ***Happy people***

and to ***Practice Self-Appreciation***

Happiness is A Good Way for

Finding Daily Positive Thoughts

Elevating Our Thoughts

There is an ***Old Adage***:

- ***We are what We think***

And We ***All know*** that:

- Our ***thoughts help*** to ***shape our lives***

It is ***True*** that:

- Our ***actions determine*** much of what ***becomes of Us***
- ***but Our thoughts play a big part*** of it too

Both Our ***Thoughts*** and ***Actions*** ***influence***

what ***becomes of Us***

Then the **Logical conclusion** is that:

if We have **daily positive thoughts**

then We should be **on our way** to

a **life of happiness**

If **This is Right**, then:

by **Being careful** with Our **thoughts**

and **working hard** to "**choose wisely**"

then We can **keep Our thinking positive**

This can **Help Us** to **be** on a **Good Track**

Raising Our Thoughts By Chanting

There are **Several Ways** to **turn** Our **dreams into reality**

One very **Popular Way** is:

- by **chanting**

In **chanting**:

if We **repeat a phrase**,

over and over, again and again,

We can **Find a Continuing** in the **phrase**

This Way, We can

give it a chance to **come true**,

to **become a reality**

Chanting is a **proven method** of **self-improvement**

It can **give Us** the **ability** to **rewire our brains**,

to **re-program** our **conscious minds**

for **the positive**

Chanting can **Help Us** to **Condition** Ourselves

How Chanting Works

We have been *talking* about:

- *daily positive thoughts*

Chanting can *Help Us Finding Daily Positive Thoughts*

Chanting can *Help Us Finding Happiness*

Happiness is A Good Way for

Finding Daily Positive Thoughts

Chanting works like *exercise*

It is Like when We:

- *repeat the action over and over,*
- *repeat the phrase over and over,*
- *in order to get the desired result*

In this Way:

Chanting can *put Us in "better shape"*

both mentally and even physically too

This is *because* the *mind determines much* of what the *body experiences*

This Way, *Chanting* can *take us out* of any *negative framework*

of *negative thoughts* and/or *actions*

Chanting can *Help* to *deliver Us to clarity*

We could even *get to higher consciousness* like *this*

In such a *Way*, We are *then*, a *Part of* the *forces* that *shape Our lives*

and *Our future*

A List of Good Chants

Try *repeating* some of these *good chants*:

- *I am in charge of my life; I construct and choose its contents*
- *The fullness of Compassion cleanses my anger and replaces it with love*
- *I am forgiving towards those who have hurt me in my past and I find the joy of forgiveness*
- *Holy Spirit is my Guide and It leads me towards what is right*

- *I am filled with creative energy which enlightens me and bestows fruitful ideas*
- *I have the full potential needed to be extremely successful*
- *I am adept to conquer my challenges and have the potential to succeed*
- *I am brimming with courage and I can stand up for myself*

We can **repeat these chants** to **better Ourselves**

Connecting with Chanting

We can **Try** and **See** if These **Chants serve** for **Us**

And **then**, after **doing** that:

We might **create** some **chants of Our own**

When We **repeat these phrases**:

We **make a connection** with **the Universe**

Whether it is **big or small**, it is **Always Good** to be **connected**

So **say them** with **gusto and sureness**,

and, as you **do, be yourself!**

Final Thoughts

We have had **A Time here** with:

- **Daily Positive Thoughts**

Filling Our Day with **Daily Positive Thoughts**

- *Can be **Possible** for **Us***
- *It can even **Prove** to be **Thrilling***

Finding Daily Positive Thoughts can be:

Both **Fulfilling** and **Uplifting**

Plus, it can Really **Make A Change** in Our Lives for **The Better**

We have **seen here** Many **Different Ways**

for **Finding Daily Positive Thoughts**

We can *Elevate Our Thoughts* and *Improve Our Lives*

with *Finding Daily Positive Thoughts*

We can be *on Our Way* to *Finding A Lasting Happiness*

So Be Sure to *Practice these Methods*

and *Fill Your Life* with *Daily Positive Thoughts!*