



*Life Coaching Encouragement for Your Advancement*

**LIFE CAN BE A BREEZE.....!**

Have you ever heard the old axiom "99% is a bitch - 100% is a breeze"? That last 1% makes all the difference to life being a ball or a drag ! And so it is with 'winning' in this game of life. Someone is said to have made the assertion that the difference between the man of achievement and the man of mediocrity is the difference of only about 1% in study, application, interest, attention and effort - and that 1% separates the winner from the loser ! A boxer can win the world championship, simply by winning one more round than his opponent - or even by being only 1 point ahead... A narrow margin, but sometimes it can make the difference between fame and fortune or rack and ruin. It can be a matter of only 1% - Do you wonder about the change that could be made in our results if we simply add that 1% more time and effort than the average person is willing to put in? No one is doing his best who can do better - and doing 1% better in your usual, every-day job could improve your results 100% So - why not give it your best shot? Give it 100% and your life may become a breeze too !



**' POSITIVE THINKING ' .....WHAT'S IT ALL ABOUT ???**

Perhaps you have discovered the phenomena of greatness that just one single thought, one ray of light can actually infuse and change a person's capabilities and existence. By nurturing the mind with 'great thoughts' the results are great men and great deeds ! Today's research into attitudes show that self-expectations, expectations of others, self images, pre-determination of the future and assessment of one's own capacities all have remarkable traits of being self-fulfilling prophecies and can have a powerful effect on your life. Positive thinking is probably the most talked about, researched, criticised, misused term of the century. What is 'positive thinking'? What does this expression mean to you? Positive thinking is sometimes the answer for the hopeless, the discouraged and the failure, even though it is often criticised by the cynic as an unrealistic way of denying the problems, tragedy and hopelessness of life. Focusing on the positive can mean that in the midst of chaos there is a searching for the answers and positive action that will open the door to bring improvements. There are many ways to explain positive thinking. One example is that the 'positive' thinker describes a half a glass of water as being half full, whilst the 'negative' thinker describes it as half empty ! It is always comprehending the expanded dimension of life; holding a dream in your heart, and, when the dream comes true, start nurturing another. Thoreau said *"Men were born to succeed, not to fail."* "Thinking positively" is a way of looking at yourself that will automatically help you to build up your strengths, master your weaknesses and endure your limitations. It is coming to the realisation that to maximise on your resources is one of the greatest achievements that you can attain. The positive thinker welcomes each new day with interest and a sense of adventure, as a new and exciting experience, seeing opportunity in every situation or circumstance and knowing that in every situation, even tragedy, the challenge exists to grow in strength and compassion, giving help where it is needed. How wonderful to be able to express the positive viewpoint of Van Dyke: *"This is my work, my blessing; not my doom."* Realise that you are needed to brighten a life, solve a problem, assist someone - and you can do it best ! Positive thinkers relate to other people's positive qualities rather than the negative, finding everyone interesting in their own way. Positive thinking is responding with patience, humility and acceptance when others criticise negatively, always reacting in an attitude of love - the love of people, life and even more importantly, the love of oneself. Positive thinking is pondering on the good things of life - the beauty of life, responding to the simple things of nature, the birds, the sea, raindrops, the wind in the trees, the flowers, a song, a smile, and the touch of another's hand. Positive thinking is not such a casual thing after all... Perhaps it could be called the greatest achievement of all ! Maybe it's a big part of what living is all about !



I do hope that you will experiment to see if there is something here that you can use for your own advancement. When you have finished with me I want you to please pass me onto someone else anywhere on the planet....because we Seeds want to keep on circulating to promote and foster the advancement of people in every nation. There are lots of other Seeds for Self Advancement and Seeds for Self Esteem and Seeds for Encouragement for those times when you are challenged ...you can freely print out these and heaps more from our web site. If you need uplifting, encouraging, inspiring or to feel good, go to [www.goodwillpeople.net](http://www.goodwillpeople.net)