



Building Positive Reinforcement Relationships

It is very simple, if you see bad things happen you will think bad thoughts. If you see happy, positive things, you will think good thoughts. No matter what area of your life you need improvement in - eating healthier, exercising more often, or modeling your professional life after someone you admire and respect, you will need to build positive reinforcement relationships in order to achieve your goals.

What does this all mean? For example, maybe you want to get in better shape and lose some weight. Will you look at pictures of overweight, obese people stuffing their fat faces? OR will you look at pictures of well-toned fitness models that you can encourage you to stay the course and continue to exercise regularly? Keep in mind, you might not look exactly like your fitness model no matter how much you exercise, but that doesn't mean you can't use their physical superiority as a basis for you to stay motivated.

Another aspect of your life you may need to work on is your **professional life**. If you are struggling at work and can't figure out why you are having so much trouble, there might be hope for you just yet. Who is the most successful person in your office? Are they constantly being promoted, receiving bonuses and praised often by your boss? If you want to be successful like them then you will need to act as they do. Are they going the extra mile by working over time? Do they help other people at work that have problems? Do they show up on time every day and do not miss many work days? You can consider this person as your "work role model" and see if you can apply the same work ethic to your own professional life. As the old saying goes, "Monkey see, monkey do."

When you first wake up in the morning, you may want to start your day with a positive quote or phrase. For example:

"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born." - Dale E. Turner

"A strong positive attitude will create more miracles than any wonder drug." - Patricia Neal

"When a person really desires something, all the universe conspires to help that person realize his dream." - Paulo Coelho

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face... The danger lies in refusing to face the fear, in not daring to come to grips with it.."



You must make yourself succeed every time. You must do the thing you think you cannot do." - Eleanor Roosevelt

"If you do not make a total commitment to whatever you are doing, then you start looking to bail out the first time the boat starts leaking. It is tough enough getting that boat to shore with everybody rowing, let alone when a guy stands up and starts putting his life jacket on." - Lou Holtz

Many inspirational and positive thought websites enable you to subscribe to a free daily positive quote sent to your email.

No matter what aspect of your life you need to work on, model yourself after those who have achieved greater success. Consequently, you will then create your own success. Having positive role models (those you can actually talk with or those you read inspirational quotes from) is very important. We can never have enough positive, influential people in our lives.