



# Using Positive Thinking Techniques to Improve your Life

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## Description of Course

How we think affects how we feel, our environment and indirectly the conditions of our life in every way. Our mind is a powerful, latent force. We have within us the capability to achieve the outcomes that we deserve and desire, the only restriction being our own self-imposed conditioning and belief systems.

In this course participants will understand the power of positive thinking and how we can use it to achieve our goals and live a happier, more successful professional and personal life.

## Course Objectives

By the end of this course delegates will be able to:

- Use their inner resources to their positive advantage
- Explain how their conscious and subconscious work together (or not)
- Be successful at the things that matter to them
- Be the best they can be
- Follow a clear action plan for success

## Aimed at:

All people who wish to put a positive spin on their life and achieve their goals

## Duration of Course

Half day

# Course Outline

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**Your Strengths** - An exercise that encourages participants to consider the positive aspects of their life and to focus on these strengths.

**The Conditioned Mind** - Understanding how our mind processes information and how many of our conditioned thoughts and beliefs become self-fulfilling prophecies. Followed by an exercise in conscious choice.

**Conscious & Subconscious Thinking** - The relationship between our conscious and subconscious. How the subconscious can be fooled and how to work this to our advantage.

**Positively Negative** - How our negative thinking creates negative actions. Activities around focusing on positive thinking and developing this as a skill.

**Picture Positive** - Appreciating that our mind tends to create pictures in order to make sense of things. An activity to practice developing positive imagery in our mind.

**Neurology** - Developing an understanding of how our brain reacts to positive thinking and why it is that successful people seem to have more 'luck'.

**Positive Personal Goal** - A chance to put all that has been learnt into action. A detailed goal setting task that focuses on success through positive thinking.