

# Another FREE Personal Development Article

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## Who's Keeping You Positive?

By Paul Dalton

**"When you are about to embark on a journey, don't consult those who have never left home" - Proverb**

The people and things we surround ourselves with can make a huge difference to our general state of mind. I'm sure you've noticed that spending too much time with people who complain a lot can be a real drain on your positivity. On the other hand, I bet you also know someone who is consistently able to cheer you up just with their presence.

Your brain and nervous system are constantly responding to the input they are given. In order to understand or empathise with others, you have to go on an internal search to match their communication with an appropriate emotional response. If the people around you are full of doom and gloom the resulting images and sounds in your mind are likely to generate an impoverished emotional state in you too.

One possible way to counteract this effect is to be aware of how other people's communication styles are affecting you emotionally and to deliberately override your own negative thoughts with more positive ones. This really is achievable with a little effort, but I would suggest that it is far easier to avoid the negative people in your life, or limit the time you need to spend with them. If it's difficult to do this, at the very least you should plan to spend a lot more time with the people who are fun to be with and remind you how positive life can be with a different outlook.

When you decide to climb your ladder of self improvement there will be those who see it as their job to pull you back down. They feel compelled to judge or even try to stop you bettering yourself, but only because they unconsciously recognise their own failings and would feel inadequate if you succeeded. Of course they would never admit this consciously!! Going out of your way to seek support and guidance from those who have already accomplished the things you want to achieve is the most powerful way of staying on track. Make sure you share your dreams with people who will understand and encourage you every step of the way.

The world can be a very hypnotic place, so being aware of the negative influences that suppress your true potential can give you insight into how to make your life a much more positive experience. How could you start each day with something that gets you into an inspired frame of mind? Maybe you could wake up to your favourite music, do some exercise, make time for a nice breakfast and spend a few minutes deciding what you will do today to move you closer towards your goals. This will surely put you in a more resourceful state than relying on the morning news to set the scene for the rest of your day. Remember, you always get more of what you focus on.

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Contact: [paul@life-happens.co.uk](mailto:paul@life-happens.co.uk)