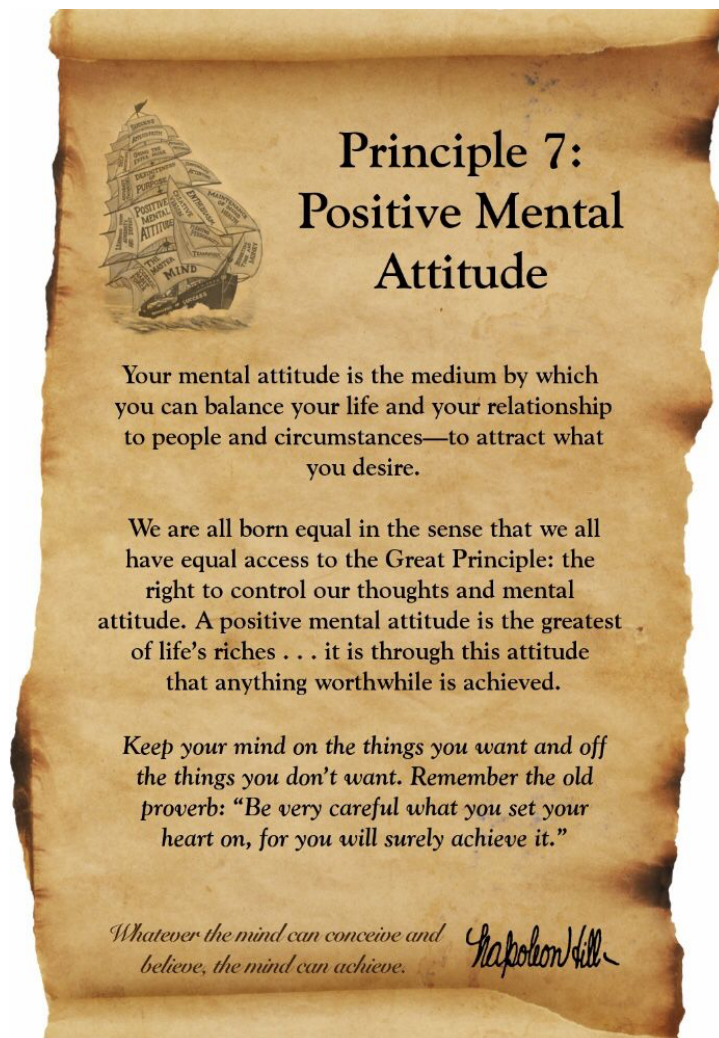


Lesson 7 – Positive Mental Attitude



Positive Mental Attitude

Big Idea of Today's Lesson - Being positive is a learned skill

Anyone can be positive when things are going their way

The question is how do we stay positive when things are not going our way.

To grow in this area we need to create new patterns for what things mean when things don't go our way

Byron Katie – Stressful thoughts cause us to feel stressed

Fear and faith can't co-exist

You can't think positive and negative at the same time

There is duality in life

Jim Rohn – The seasons of life

When we are holding on to anger, fear or negativity we aren't thinking about the cost.

Painful divorce – Let go of the hurt and is now happily remarried

Give it over to God

Small wins creates confidence

With every adversity there is a seed of equal or greater benefit – Napoleon Hill

Bonus Video Positive Mental Attitude – <https://youtu.be/Bn8U5BBaOiw>