

*“Remember, happiness doesn’t depend upon who you are or what you have, it depends solely upon what you think.”*

*— Dale Carnegie*

## 4. Keep Your Thoughts Positive

One of the most important ways to love yourself and to be happy is to think positive thoughts. Keep your thoughts focused on the positives about yourself, others, and your life. This may be a challenge for you, but keep at it anyway. It does not matter how long it takes you to do this. The more you practice, the sooner this will become a good habit.

Negative thoughts and actions toward yourself and others create inner turmoil. People who do not feel good about themselves are often consumed by fear rather than freedom, and yet they wonder why they are so unhappy. You have the power within you to begin today to work toward feeling great about precious YOU! Start by putting coins in your self-esteem account every day by thinking and speaking positively about yourself and others. Before you know it, your self-esteem will grow more than you could have ever imagined! When you feel good about yourself, you will embrace the fact that there are unlimited possibilities for your life.

If you have trouble preventing those negative thoughts from appearing, picture a stop sign in your mind, then immediately replace your thinking with positive thoughts. You have the power to change your thinking. Once your thoughts are consistently positive, your life will never be the same!