

ANXIETY – POSITIVE PSYCHOLOGY

Positive Self-Dimension

Our physical, intellectual, and emotional selves (body, mind, and spirit) within society on planet earth in the universe.

Antonyms – Superficiality, egocentricity.

Synonyms – Integrated human, farsighted, humanistic.

Self-Talk of the Loser: "Do to Others Before They Do It to You!"

Self-Talk of the Winner: "I am in harmony with God and nature and I respect you as my fellow human being, and I respect me as well."

"If I help you to win, I am winning myself. When nature wins, we all win."

To achieve more positive Self-Dimension, take action today:

1. Ask yourself the following:
 - 1.1 How do I fit in with my family?
 - 1.2 How do I fit in with the company I'm working for?
 - 1.3 How do I fit in with the community?
 - 1.4 How do I fit in with my country?
 - 1.5 How do I fit in with the world?
2. Treat people humanely en more like brothers and sisters.
3. Appreciate your partner today.
4. Give a child a hug and tell him that he is loved and special.
5. Phone a family member or a parent and tell him/her how much you appreciate him/her.
6. Spend some time each week with an elderly person listening to him/her and encouraging him/her.
7. Use this week-end to do something you've wanted to do for a long time.
8. Get involved in some kind of community service (without compensation).
9. Experiment with less sleep (not less than 6 hours) while nourishing and exercising your body.
10. Learn one or 2 additional languages and find out about the habits and culture of countries you want to visit.

The formula for success is:

Conceive and belief = Achieve

Visualize and internalize = Aware

Imagine and simulate = Actualize