

# ANXIETY – POSITIVE PSYCHOLOGY

## Positive Self-Projection

Antonyms – Highbrow, unfriendly, unkempt.

Synonyms – Pleasant, supporting, impressive.

Self-Talk of the Loser: "Don't confuse me with facts, I've decided already."

Self-Talk of the Winner: "Tell me more about yourself."

To get more positive Self-Projection, take action today:

1. Project a positive self-awareness. Notice the wonders in nature. Stop feeling sorry for yourself. Treasure your health - or that health that you possess. Look at yourself through the eyes of others.
2. Project positive self-worth.
3. Project positive self-control.
4. Project positive self-motivation.
5. Project positive self-expectation.
6. Project positive self-image.
7. Project positive self-directedness.
8. Project positive self-discipline.
9. Project positive self-dimension.
10. Project positive self-projection.

Based on the book "Psychology of Winning" by Denis Waitley this course is today as true as it was in 1984. It has a lot of "Self" in it – in actual fact all of the 10 traits of 'winning' (that is taking the talent and potential you were born with, and have since developed, and using it fully toward a goal or purpose that makes you happy) start with it: Self-awareness, self-worth, self-control, self-motivation, self-expectation, self-image, self-directedness, self-discipline, self-dimension and self-projection. As in the book (available at Amazon) it puts the onus on you to take action TODAY.

Some ideas and tools are given and I've changed the idea to work on weaknesses (negative) to the opposite: To use your strengths more (positive). This will encourage you to actually be happier while working through the course. I believe that the positives (strengths) will weaken the ropes that keep you practicing old bad habits (negatives), eventually making the good habits the "winning" ones.

Surely, some of the "terms" I've used are outdated but the results can turn your life around. As said before: It puts the responsibility squarely on your own shoulders to:

- Take action
- Today