

## **Stay Positive, Pumped Up and Ready to Win!**

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**"Thinking Positive Needs a Positive Action to Put it Into Play, while  
Thinking Positive "without" Any Positive Action is just Wishful Thinking"**

**Like a football game** and the coach is pumping up his team, getting them ready for the big game;

"Okay Team, stay POSITIVE, remember, you are the best, you are the most talented, you have practiced longer and worked harder than any other team and today we are going to WIN!" and the Team knows they are ready and they are PUMPED UP and READY to WIN!  
But, they never leave the locker room!

We aren't going to WIN without playing the game; but, if we play in the game, we also have a chance we might lose.

Thinking Positive doesn't always mean we will win every time, but we will get in the middle of the game and POSITIVELY give it our 100% every single time; giving us a 100% chance that we could WIN!  
BUT, Not even leaving the locker room will give us a GUARANTEED LOSS.

Getting up every morning and saying I will choose to stay Positive today, no matter what happens will help make our quality of life better.

Negative Thinking and a Self Defeating attitude causes a lot of stress; and, when we are under a lot of stress, our immune system gets run down; making us more prone to all of the dangerous viruses that are spreading so quickly. It could very well be possible that all the added stress people are under right now, could be helping these viruses spread.

**"Every day we all have problems and challenges and possibly disappointments, but, the only difference in each of us, is how we deal with them."**

Quote:

*"Once you replace negative thoughts with positive ones, you'll start having positive results."*

Author: Willie Nelson

Thinking Positive and saying: "I CAN deal with this, and I WILL deal with this"; gives us a 100% starting chance that we will conquer these problems and challenges, than if, when a



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problem arises, we start Thinking Negatively and saying:  
"I Can't deal with this, and, I won't deal with this, because this is not fair"; then we have already self defeated ourselves, giving ourselves no chance.

### **"Thinking Positive Does Not Solve Our Problems, but, Thinking Positively Makes Us More Positive; so We Can Conquer Our Problems"**

#### **Thinking Positive? or Denial?**

Example:

The Bills are due and I go on a \$500.00 Shopping Spree, and put it on my credit card; saying to myself, "something will work out because I am Thinking Positive".

This is not Thinking Positive, **this is DENIAL.**

OR...

The Bills are due and I am Thinking Positive; I say:"If I STAY POSITIVE and do not get discouraged, I can put together a plan and try to conquer this".

This will give me 100% better chance to conquer the problem, than doing nothing.

**This is Positive Thinking.**

To be more pro-active and to know you are doing everything you can, you need to show up at work every day and tell yourself, "**I will POSITIVELY give 100% today**", and before you leave work, do ONE MORE THING; so you start the next day ONE THING AHEAD.

Then, when you leave work you will feel better about yourself and your accomplishments; which will help you KEEP YOUR POSITIVE ATTITUDE.

Quote:

*"It is important that you recognize your progress and take pride in your accomplishments. Share your achievements with others. Brag a little. The recognition and support of those around you is nurturing."*

Author: Rosemarie Rossetti

**with love,  
Tammy Taylor**

*Matthew 7:7-11"Keep on asking, and you will be given what you ask for. Keep on looking, and you will find. Keep on knocking, and the door will be opened.*

*For everyone who asks, receives. Everyone who seeks, finds. And the door is opened to everyone who knocks.*

*You parents-if your children ask for a loaf of bread, do you give them a stone instead?*

*Or if they ask for a fish, do you give them a snake? Of course not!*

*You know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.*