



ACHIEVING GOALS IS POSSIBLE WITH POSITIVE THINKING

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Abstract :-

Positivity is like a diamond which is resplendent all over the world in the form of its effect, quality, power. Positivity is spreading its effect all over the world like a divine light. So that all the people are getting affected by it in one way or the other and reaching the high peak of success. They are living a better life, living a happy life and achieving their desired goals. The most powerful world in the universe is me. You become whatever you add after this word. This word has a special connection with your consciousness and it becomes your identity.

Keywords: - Positivity, Positive thinking, Achieving, Goals, Possible, better life.

Whatever you say whether it is positive or negative, its all affects the environment around you and others. You are constantly creating something positive and some negative with your words. Positive words and thoughts work like some negative words and thoughts show their effect like poison. Positive thinking enables us to attract better opportunities, people and resources in our lives. Positive statements are the best reminders you give to your subconscious mind to stay positive and stay focused on your goals. So that we can achieve our goals. Remember that the subconscious mind always imitates the conscious mind. So think good for yourself while living in the present moment. Understand the power of the present moment. Think good for yourself in the present moment. As I hope, I will achieve my destination soon v/s I will achieve my destination soon. I hope in both these words and I will get my destination. These two give different energies i.e., the subconscious mind starts associating with the goal and start doing everything possible to make it a physical reality in your life.

Be only positive words in conversation because whatever you want, just affirm it because whatever you say, you activate its vibration. If you try to focus on what you want then you will attract the same thing in your life in the end. I stay fresh and energetic throughout my day. Use statement like. Your everyday expression should be easy to remember and repeat. The easier it is to remember and say them, the easier it is to imagine making them a reality in your life. Your subconscious mind will do just as much work to make it a reality.

Words and sentences that lack clarity are much more difficult to achieve, because if you use specific words your subconscious mind can draw specific pictures. So try to identify what the exact goal is then use an appropriate statement to reveal them. Decide on your goal. Thinking about it a positive way start accomplishing your goal and make it special.

There are some words that people use to express their feelings. In this way, try to include all your different types of feelings in your sentences. Words like grateful, thanks, happy, blessed are powerful positive emotions that will help to connect easily.

They will help you attract the things that bring happiness and gratitude into your life. For example instead of just saying that I am enjoying my 48kg body weight. You can say that I am happy and grateful that I am enjoying my ideal weight. Apart from this, there are many more positive words and phrases related to this which will help the person to reach his desired goal. The goal of life can be achieved by focusing your thoughts on positive thinking every day.

Objective of Study :-

1. To know the effect of positivity on the person.
2. To find out the effect of a positive word on a person.
3. To find out the effect of the force of the present moment on the individual.
4. To find out the effect of incorporating emotions into your sentences on a person.
5. The power of the present moment on the person to find out the comparative effect of using only positive words in conversation, using specific words and incorporating emotions into your sentences.

Hypothesis :-

1. There will be a good effect of positivity on the person.
2. Positive words will have a better effect on the person
3. The power of the present moment will have a better effect on the person.
4. The use of good specific words by the person will have a very good effect.
5. Expressing your feeling on the person in words with sentences will also be better in a positive way.
6. Not recognizing the power of the present moment by the person will have a bad negative effect in achieving the goal.
7. Not using positive words in the conversation by the person will be bad effect.

8. Not using specific words and sentences by the person and not including feelings in his sentences will have a negative effect in achieving the goal.

Method of Study :-

1. **Sample** :- A sample of person 100 Urban area's person and 100 Rural area's person.
2. **Test and Tools** :-
 - a. Personal data questionnaire
 - b. Survey Method
 - c. Case study method and
 - d. Interview method

Result and Discussion: -

1. Achieving the goal is possible though positive thinking in which it is necessary to recognize the power of the present moment.
2. To achieve the goal with positive thinking, it is necessary to use only positive words in conversation.
3. To use of specific positive words is very important in achieving the goal with positive thinking.
4. Including feeling in your sentences has also been considered an essential use in achieving the goal through positive thinking.
5. Special words like happiness and gratitude proved helpful to the person in achieving his goals.
6. It is very important to imagine yourself becoming a reality in your life.
7. Your daily expression that is positive should be easy to remember and repeat.
8. Presenting yourself in an energetic and powerful way every day is also very important.

Conclusion:-

Keeping all the above thoughts and points in mind, it was concluded that by focusing your thoughts on positive thinking every day, the goal of life can be achieved. Achieving the goal is possible by motivating and presenting yourself in a strong way. Positivity is like a nectar that removes all the darkness of the person and eliminates the poison of darkness and gives a new energetic and energetic, happy, peaceful life to the person. We have to develop the ability to get the element of positivity out of the negative forces of our life, words and if we have to benefit ourselves from positivity, we will have to contribute our co-operation in this as well as the all-round development of the entire human race with positivity, a person can not only achieve his own goal, but he can also help in achieving the goal of others. There is such great divine and supernatural power in this positive thought.

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