



# THE POWER OF POSITIVE THINKING

Living by the Warrior Spirit means being positive, productive, and proactive.

Positive thinking means to reaffirm your belief system and your strengths. It is thinking about what can be done, instead of what cannot. Positive thinking is different than being optimistic. Thinking positive allows you to be open to more positive life experiences and filters out the negative.

## TRAITS OF A POSITIVE THINKER

- Enjoys life
- Doesn't see barriers, but challenges
- Plans for the future
- Accepts responsibility
- Earns respect
- Filters out the negative
- Appreciates others
- Acknowledges their strengths
- Attracts strong people
- Is successful
- Create opportunities

## TRAITS OF A NEGATIVE THINKER

- Is generally unhappy
- Gives up easily
- Predicts the future
- Blames others
- Expects respect without earning it
- Does not accept positive messages
- Puts down others
- Concentrates on their weaknesses
- Attracts like-minded people
- Fears failure
- Misses opportunities

Positive thinking is good medicine. Medicine is anything that you use or do to help move you toward wellness.

Medicine can be plants or herbs. It can be food or drink. It can be laughing or crying. It can be dancing or singing. It can be praying or sharing, anything that helps to move you along on your wellness journey. Using medicine daily was a positive, productive, proactive way of life for our ancestors!

In today's society, medicine is viewed as having a different effect. Medicine is seen as something that you use to get rid of an illness. If we have a symptom, we are told to take some medicine and it will go away. Because of this, a person who uses medicine on a daily basis today is seen as a weak and unhealthy person.

A person who uses medicine on a daily basis is known to be a strong and healthy person. Are you positive, productive and proactive like your ancestors?