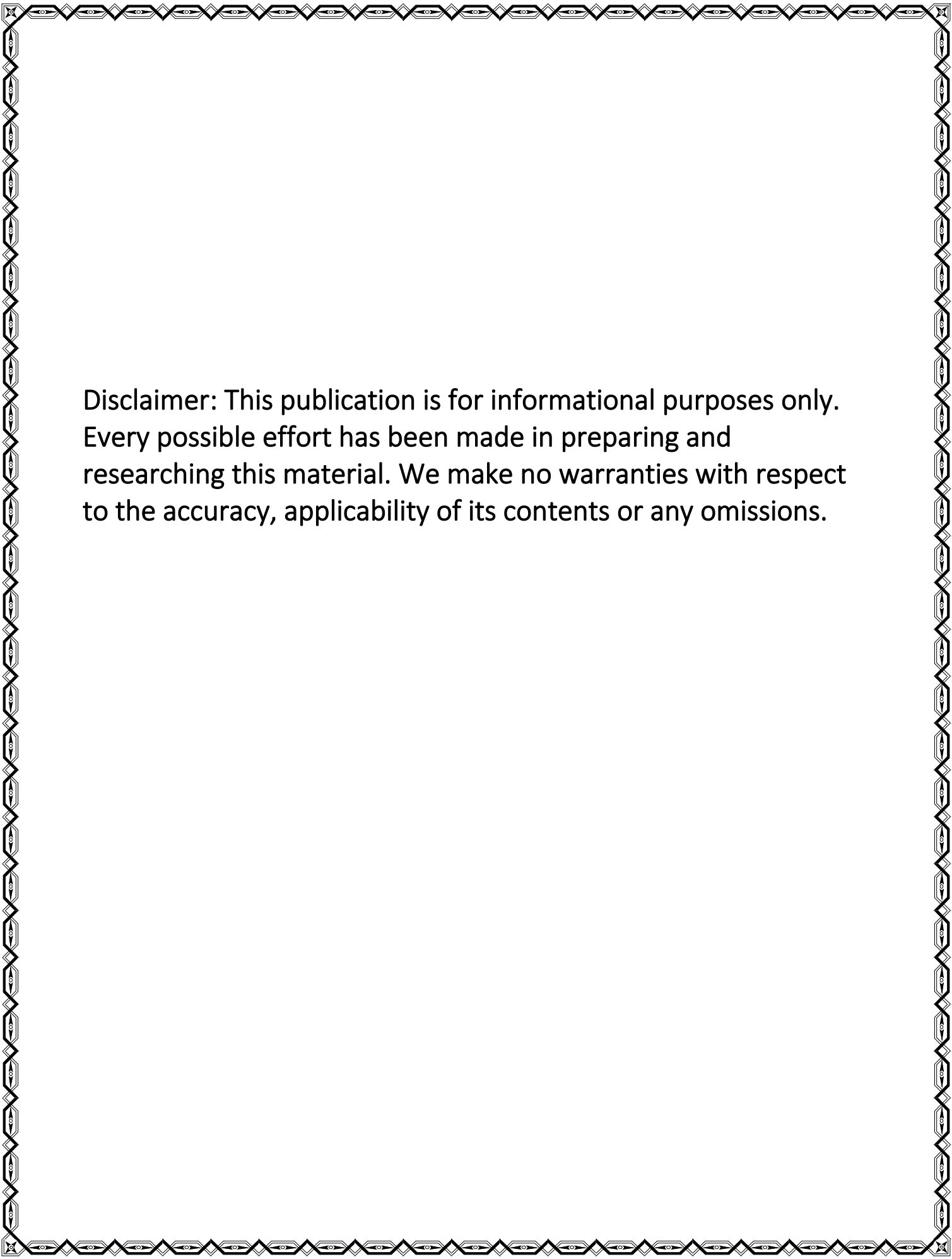


**50 Power
Thoughts
That Can
Change
Your Life**



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Introduction

The mind is an immensely powerful organ of the human body. And when it is used for power thoughts, you'll find that changing your life is easier than you originally thought. Whether you are facing difficult times, changes, or low self-esteem, power thoughts can help you make a change.

Below are 50 power thoughts you should try to incorporate in your life if you genuinely want to make a change in your life. Now 50 is quite a few, so it may help you to make note as you read of which power thoughts can be used to help you most in your own life.

50 Power Thoughts

1. A Mistake Is A Lesson

Humans make mistakes, this is an inevitable part of life. The important part is how you deal with the thoughts that surround your mistakes. Every time you experience that you've done something wrong, you need to treat what you've done as a lesson. This is the only way you can learn from it and ensure you won't make the same mistake again in the future. So next time you mess up, think to yourself that the mistake will be a lesson for yourself.

2. I am Always Improving

This goes along with making mistakes. Again, mistakes will happen, so don't forget to remind yourself that no matter what may happen or how you may fail, that you are always improving and moving forward in your life. Every day that you get up is a day that you know more than you did before. A good example of this is when you are learning a new language, you might mess up the pronunciation of a word while speaking one day, but now you know how to say it right so this is an improvement in your overall language learning process.

3. No One Is Perfect

Another thought which should go through your mind after you make a mistake is that no one is perfect, and you are allowed to make mistakes in your life. And while you can strive for perfection, you also need to know that mistakes will happen because you can't be perfect. This power thought will help you to be better prepared when you make a mistake and less likely to make the same mistake again.

4. I Forgive Myself

Have you ever directly thought to yourself that you forgive yourself? If not, it may be time to give it a try. Sometimes people have a lot of unresolved feelings floating around in their mind and it can really help to tell yourself that you forgive yourself for a mistake. This will help you not focus on the mistake and able to move forward instead. This will also help clear your mind.

5. Don't Give Up

You're bound to face tough times in life, and although this may sound a bit cliché, remind yourself that you don't give up, no matter what difficulties may come your way. This is a good mantra to repeat to yourself while engaging in a difficult task, especially if it's something like finding a new career.

6. If At First You Don't Succeed, Try Again

Everyone knows that Thomas Edison didn't invent the lightbulb on the first try, in fact he says it took him thousands of tries. Although this power thought probably wasn't in his head while he was inventing one of the best electrical breakthroughs of his time, it should be in yours when you are facing a failure in something you really want to do.

7. Progress Comes With Struggle

Just as you know you aren't perfect, remind yourself frequently that progress doesn't come without there first being a struggle. This will help you mentally prepare yourself for difficult situations you may be faced with. That way they may not seem so difficult when you are later faced with them.

8. I Am Never A Failure

Even though you may face different forms of failure on the path to success, remember the power thought that you are never a failure. This means, that no matter what failures you may face, you will overcome them and continue on your positive journey. Your life as a whole is never a mistake.

9. I Have My Own Path

Throughout the course of your life you will probably see a number of your family members and friends achieving success. And even though you may try to achieve success in the same way they did, you may find you have reached a roadblock instead.

Remember to tell yourself that you are your own person and you have your own path to pursue. What may have worked for them may not work for you. Once you know this you can begin to find a way around the problem at hand.

10. I Am Healthy

This is a power thought of gratitude. It should pass through your mind when you are thinking about how dismal a day or week in your life may be. Remind yourself that you are healthy and this is something to be extremely grateful for as some people don't have this same luxury. If you struggle with thinking this thought and meaning it, maybe consider volunteering at a local hospital or retirement home to put your thoughts in perspective.

11. I Can Do This

Don't forget what a powerful tool the mind is. When you find yourself facing something difficult, half of the battle is convincing yourself mentally that you can do something. Start with the power thought "I can do this." And you'll be surprised what an effect this has on your motivation and ability to complete the task.

12. I Am Strong

At times when you may be feeling weak, or like the world can get you down, tell yourself that you are strong. As previously mentioned, your mentality is an important part of being able to complete a task. And just telling yourself that you are strong will do wonders in your abilities to weather whatever mental (or physical) storm you may be facing.

13. I Can Solve This Problem

Just like the previous two power thoughts, this one can really help when you are faced with a difficult challenge. However, if your mind is full of frustrated thoughts, this may not work. So, it may be beneficial for you to take a small break from the problem, breathe deeply, then tell yourself you can solve it and give it another go.

14. Sometimes Change Is Good

Imagine your life for a moment without any changes ever. Looks pretty boring right? Next time you are faced with a large change that you may or may not feel ready for, use the power thought that change is good to keep yourself calm. This will better help you to adapt to the new environment which may be forming in your life.

15. Be Patient

You've probably heard the saying that good things come to those who wait, and this is 100% true. Next time you feel like rushing something, or like a task is taking forever, remind yourself of the power thought to be patient. The power of having patience can truly change your life once you learn to embrace it.

16. Be Kind To Yourself

As a human being, you probably have days when you are very critical of yourself and the mistake you may have made. Use the power thought 'Be kind to yourself' to help combat the beat down you are likely giving yourself. This will help give you more confidence and keep your spirit high even when you do make an unfortunate mistake.

17. Be Present

Have you been out to dinner and seen a couple at restaurant sitting at a table but both of them are on their phones? Do you have the urge to reach for your phone while you are spending time with someone important? This is a bad habit, and it's best to combat it with the power thought of reminding yourself to be present. If you struggle with this power thought, it may help to focus on the five senses while you think it to take catalog of what is happening around you.

18. I Am Beautiful

Everyone has a bad day where they don't like the way they look, or maybe you got a new haircut which is absolutely atrocious. Either way, remind yourself that you are beautiful, and that true beauty, whether other people feel the same way or not, comes from within and not from your exterior. This power thought will help you gain more confidence as climb the ladder to success.

19. I Can Change The World

People will always tell you that you can't do something, after all, it's been happening since you were a child and you mom first told you that you couldn't climb that big tree in the front yard. But remember that the world doesn't function on "I can't" but instead that Martin Luther King Jr. was only one man who changed an entire nation. Whatever you may be doing, choices you may now have the possibility to change the world, and don't forget that.

20. Life Goes On

No matter who you are, life will go wrong sometimes. You may lose a loved one to cancer, you may not pass a class that you thought you studied really hard for. Whatever the catastrophe in your life may be, engage the power thought that life goes on, and start the steps to overcoming the tragedy in your life. Because regardless of what you may think in a moment of despair, life is not going to wait for you.

21. I Control My Emotions

Controlling your emotions, especially in some of the situations mentioned above, can be extremely difficult. But learning to control your emotions is a critical part of being successful in life. So next time you are faced with a situation that leads you to feel as if you are about to erupt in anger or sadness, think to yourself that you control your emotions and that you decide which

ones you will show. This will help you to make a positive transformation in your life and your emotional health.

22. Take Control Of Your Destiny

There are times in your life where you will feel as if your life is spinning out of control. Maybe a number of things are happening which you feel are ruining your chances at success. Whatever maybe going on, remember the power thought that you have the power to take control of your destiny. And that if you fail, or are living a life that you don't want, this is because you are choosing not to take action and build the life you want to have.

23. Don't Forget To Be Yourself

The older you get, the more it is cherished that you put up a front when you meet new people or start a new job. And often times, this lands you in a position you don't want, or you'll end up wasting time on people you don't really want to be around. Whenever you are in a new situation, remember to be yourself, this way you will truly end up in a location and situation which is a good fit for you and not the front you may be putting up.

24. Don't Be Afraid

Everyone has fears in life. And at some point, you will likely have to face those fears. When you do, reminding yourself simply not to be afraid can be a mantra which gets you through your fearful situation. Also try some calming deep breaths, and reminding yourself of the previous power thought that change is good, even if you have to conquer one of your fears to get there.

25. You Don't Need To Complain

Complaining is one of the many habits which most people engage in on a daily basis. But just the act of complaining frequently can damage your outlook and cause you to have a more negative view of the world.

Next time you feel a complaint bubbling up on your lips, think to yourself that you don't need to complain, and think instead of all the amazing things in your life you have to be grateful for. This will do wonders to change both your mood and outlook. And it could even change your life.

26. Take A Deep Breath

This power thought is something you may think unconsciously when you are faced with an especially trying situation. But it is also a thought you should get used to employing in your life frequently. Taking a deep breath can help you conquer fears, control your emotions, and make more informed decisions. And don't just think it, make sure you perform the action afterwards to receive all the possible benefits from this power thought.

27. Today Is A Great Day

Many people wake up in the morning thinking about how horrible their night was, or dreading some of the tasks they may have to do during the day. This is not a good way to start your day. Instead, right when you wake up, engage the power thought that today is a great day. This will help improve your mentality and outlook considerably as you go about your routine. And you'll likely have a better day as a result.

28. Tomorrow Is A New Day

At some point in your life, it's likely you will have a bad day, this is to be expected. But when bad days happen, you can't base your entire future or mentality on one day. And you most certainly don't want to let your one bad day carry into the next. Keep this from happening by engaging the power thought that 'tomorrow is a new day' this way when you wake up the next morning you will have a new perspective and be able to start your life in a positive mood instead of your negative one carried over from the day before.

29. Better Days Are Coming

Say you have a few bad days in a row, or maybe even a few bad months, this happens sometimes. But don't let this get you down. Use the power thought 'better days are coming' to help keep your spirits high and focused on the future.

This will help you to have a more positive outlook rather than simply focusing on the negatives which may be happening in your life. Before you know it, you'll be past the bad days and the better days will be your current reality.

30. Opportunities Are Everywhere

This is a power thought that you should engage frequently without situational invocation. You should think that opportunities are everywhere on a daily basis to keep it in the front of your mind. Perhaps consider reminding yourself during your daily meditation. This way, when opportunities do present themselves, you'll be able to recognize them and use them to better your own life.

31. Be Grateful

This is an important one, mainly because, in this day and age people experience a large amount of jealousy. And feelings of jealousy can quickly morph into feelings of discontent, anger, or depression. Instead of letting these emotions take control, every time you feel jealous, engage the power thought 'be grateful' to remind yourself of all the awesome things you have going for you.

This power thought can easily be helped by keeping a list in your journal or on your computer of all the things you are grateful for. Then you can bring these happy things to the front of your mind when you need to.

32. I Am A Confident Person

Confidence is a crucial part of success. And if this is something you struggle with, it's time to work on thinking that you are a confident person. As weird as this may sound, again, mentality is everything, and just thinking to yourself that you are a confident person can go a long ways to helping you feel and act more confidently as you go about your life. Soon enough you won't need this power thought anymore because you will actually be confident.

33. Don't Engage With People Who Are Trying To Get A Rise Out Of You

Do you have a pesky sibling who loves to push your buttons? Or maybe a pesky coworker who knows just how to annoy you during a meeting? When you are faced with either of these situations, use the power thought that they are just trying to get a rise out of you to help keep yourself disengaged and unbothered by their actions.

Over time, they may get bored and stop doing the actions, or you may even notice that they don't bother you anymore. Not only that, but you'll learn to better control your emotions and those around you will notice which is good for both your personal and professional life.

34. Self-Care Is Important

You already know that it's crucial that you take frequent breaks in your life and focus on the things that your body needs. Sometimes, you may feel pressure when you do these things, because you have a lot of other things on your plate which need to be addressed.

When this happens, use the power thought 'self-care is important' to remind yourself that although you may have a number of things you need to do, self-care is important to! Never regret taking a moment to get some extra sleep, read a little, or meditate right when you wake up in the morning. You'll feel better once your body gets the proper self-care it needs!

35. I Will Achieve My Goals

Whatever your goals may be, there will be days that you feel you can't possibly achieve them. Maybe these are bad days, or maybe you've just suffered a massive failure, either way, use the power thought that you will achieve your goals to remind yourself that you are in control and that mentality is half of the battle when it comes to achieving goals.

If you are really struggling, there are also several physical things you can do which can help you on your goal achieving journey such as writing down your goals or creating a vision board.

36. You Have The Power To Create

Sometimes when you are faced with a problem, or a challenge, it may seem like no solution exists. This is when it is time to engage the power thought that you have the power to create the solution. This way you can see above the problem in front of you and engage the creative part of your mind to find a solution.

Many people are afraid to show their creative side because they are afraid of the ridicule which could possibly follow. Don't let this be you if you want to truly overcome and challenge in your way and change your life.

37. There Is Always A Bright Side

If you haven't learned by now, the bad days will come. It's just a matter of when, and for how long they last. You don't have the power to stop bad things from happening, but you do have the power to change how you react to certain events.

And one of the best ways to do this is by using this power thought of looking for the bright side of every situation which may come your way. For example, if your car is stolen, as inconvenient as this is in the now, at least now you will be able to pick out a new car which perhaps suits your current life a bit better.

38. Only I Control My Thoughts

There will be times in your life when people will try to tell you how to think. But as you probably know well, only you can control your thoughts. This also means, that when you are angry or upset at the thoughts which may be happening in your head, you need to realize that you are the only person who can stop these as well.

Next time you are perhaps dwelling on a sad or particularly angry thought, use this power thought, and put a stop to those threads of thinking immediately, after all, you're the only person who can do so.

39. I Don't Leave Anything Unfinished

Sometimes, you will be faced with a challenge which will leave you feeling like you want to throw in the towel and give up. When this happens, use this power thought to stop those feelings in their tracks. There is no reason to leave anything unfinished.

Even if you are unable to finish something perfectly, you need to give it your best shot and then ask for help, this way you won't be leaving anyone, especially yourself, hanging. You'll also learn new things which can help you next time you are faced with a challenge.

40. I Am Exactly Where I Need To Be

Do you ever feel like you don't fit in? Or maybe you are in a situation which doesn't need you? It's time to use the power thought 'you are exactly where you need to be' to remind yourself that even if you feel out of place, this is a crucial part of your journey.

Whatever thoughts may be going through your head saying this isn't the place, block them, as they can lead to you becoming despondent and not focusing on the present in order to make the changes you need to make to better your life.

41. You Don't Compare Yourself To Others

This goes along with the other power thoughts which can be used to combat jealousy or feeling like you aren't enough. Remember, you are unique, and when you find yourself feeling inadequate because of something that some else has, remind yourself that your journey is your own. Use the power thought 'I don't compare myself to others' to further solidify your thinking and focus instead on what you are doing rather than what those around you are doing on their own journeys.

42. No More Waiting

When you are faced with a challenge, or perhaps a change in your life, you may be tempted to put it off for several reasons. Maybe you want to wait until you are more financially stable, or until you pay off your car, or maybe until you find a new job. All these are excuses which will effectively keep you from changing your life. Whenever you find that you want to put something off in your life, tell yourself 'no more waiting' then go for it. There is unlikely to be a perfect time for what you want to do anyways.

43. Don't Waste Your Time On Nonsense

Just as people will sometimes say mean things to get a rise out of you, it may become clear that some of the people in your network may just be there to waste your time. If you have that one friend who constantly cancels on your meetups last minute resulting in, you spending a lot of time waiting for them at restaurants or coffee shops that they never show up to.

When this happens, you'll probably have a hard time breaking off the friendship because you consider them a friend. Help yourself along with this power thought to remind you that your time is valuable and that you shouldn't waste your time on nonsense. You have better things to do.

44. My Ideas Are Good Enough

How often do you think of an idea and then immediately think that it is bad? Or maybe not innovative enough to share with the team at work? These are negative thoughts which could lead to you suppressing an idea which could change your life. Next time you have an idea and

find yourself thinking that it isn't good enough, use this power thought to give yourself some confidence in your ideas and their possible potential.

45. I Will Adapt No Matter What Happens In Life

This is another power thought that you should engage when you are going through a tough time in life or facing a difficult situation. Just as you know that change is good, even if you feel the change is bad, or maybe it is out of your control, remind yourself that you are adaptable.

No matter what happens, you will adapt to your new surroundings. This comes in handy in situations such as when you may be forcibly relocated for work, or maybe you go through a breakup and have to adopt to life on your own once again.

46. I Love Myself

Just as you shouldn't think mean things about yourself, it's also time to remind yourself that you do love yourself. This is an especially important power thought, because if you think about it, you are the only person in your life that you will have to spend the rest of your life with, so if you don't love yourself, it's probably time that you learn.

This power thought can also be repeated as a mantra when you wake up in the morning or after you finish a period of meditation to help brighten your mood and help you have a great start to the day.

47. Life Has Meaning

If you are experiencing a very dark period of your life, such as a bout of depression, or other negative thoughts, this can be a critical power thought to help brighten your mood. And if just thinking to yourself that life has meaning isn't enough, you could also consider volunteering your time somewhere to help give you an outlet to see what the power of one life can do. It's up to you to find meaning in your own life, and you can do it with the help of this power thought.

48. Life Is About Choices

When something bad happens in your life, are you quick to blame someone else? Or maybe you wonder just how you got to this point. It's important that you remember that life is about choices, and the next time you are facing something difficult, tell yourself that, and then take a moment to figure out what choice you made that led you to where you are at. This could be a crucial step to helping you learn from bad choices you may have made in the past.

This power thought can also be used when you are having a difficult time coping with an event. Remind yourself that how you are feeling about the event is a choice and that you have the power to make a different one if you want to.

49. Happiness Is A Choice

This is an extension of the above power thought. Not only is how you respond to something your choice, so is happiness. It doesn't matter how much money or how many sports cars you own, if you decide you are unhappy, then you will be.

On the flipside, if you tell yourself that you are happy with your small apartment and modest salary, you will be. Next time you are feeling discontent about something in your life, use this power thought to help change your perspective to something more positive. Choose to be happy.

50. I Own My Life

This last power thought is perhaps the most powerful on the list. And this is because it can be used in any situation. Whether you are experiencing tough times, feel out of control, or are facing changes you didn't ask for. Think to yourself 'I own my life' and use this thought to make a difference or even a change to your certain situation.

No one can tell you where you are going, or what you are going to do, this is solely up to you. Also note that this means you can't blame someone else for your problems, it's your life, they are your problems and now it's time to solve them.

Conclusion

Not all power thoughts work for all situations, this is why it is extremely important that you have a few in your back pocket that you can engage when you are faced with different situations. Take a look at this list.

Which negative thoughts do you struggle with most?

Or better yet, which situations do you find yourself stuck in the most often?

Whatever those are, work to learn and use those power thoughts first. Then once you've solved the parts of your life in which you struggle, spend some time learning some additional power thoughts which you can use to better your life.

Remember, as mentioned in the list, your thoughts are your own. There is no one else who will come and force you to think these power thoughts to help you change your life. This one is all on you. Now it's time to see how far they can take you in your life.

Peace and Blessings

Angela Mitchell