

Self Improvement: Changing Your Point Of View

In life, you are always filled with choices. You may opt to have a pessimist's view and live a self-defeated life or you may decide to take the optimist's route and take a challenging and fulfilling life.

We reach a point in our life when we are ready for change and a whole bunch of information that will help us unlock our self improvement power. Until then, something can be staring us right under our nose but we don't see it. The only time we think of unlocking our self improvement power is when everything got worst.

The truth is optimists are confronted with the same hard knocks of this world. What differs is the way they explain their misfortune---it's the opposite way. They tend to believe defeat is just a temporary setback, that its causes are confined to this one case.

Positive expectancies of optimists also predict better reactions during transitions to new environments, sudden tragedies and unlikely turn of events. If they fall, they will stand up. They see opportunities instead of obstacles.

In life, these people often win elections; get voted most congenial and sought for advice.

Optimists are healthier and live longer. Medical research has justified that simple pleasures and a positive outlook can cause a measurable increase in the body's ability to fight disease.

Why not look forward to success in all your endeavors? Why not be resilient? Like everybody else you are bound to hit lows sometimes but don't just stay there. Carry yourself out of the mud and improve your chances of getting back on the right track. And why not inspire others to remove their dark-colored glasses and see life in the bright side?

Creative

Focus on a creative activity everyday. Yes, it's an effort. Even doodling is a creative activity. Don't let anything hinder you. Mindlessness may be a creative activity, but for people who are just starting out to unleash a little bit of creative thinking in their lives, it is helpful and encouraging to have concrete evidence, that, "hey, what I'm doing is getting somewhere." So why don't you try it. Practice drawing for a couple of minutes each day. Bring out your old camera and start snapping photos like crazy. Keep a journal and make a point to write in it religiously. Another cool idea is to write by describing something with your five senses. Try to avoid vague adjectives like "marvelous," "amazing," and "delicious." Before you know it, you'll have built yourself a tiny portfolio, and you'll be amazed at the growth you've undertaken after amassing all those works of art. Who knows, you might actually take to liking those things you do everyday. Pretty soon those things will become a part of you and you'll be addicted to these creative exercises.

Think out of the box -- or don't. Sometimes, constraints are actually a good thing. Limitations discipline you to work within your means. It enables you to be more resourceful. Creative freedom is great, but limitations enforce discipline.

About the Author

You can check out: [criminals using new tools for identity theft](#) and [innocent people going to jail for identity theft](#) for more information.

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