

# Chapter 5 Success Secrets

**Positive thinking gives you the drive to make good things happen for yourself.** (p. 170)

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**Positive thoughts lead to positive feelings and positive actions.** (p. 171)

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**Look for things to be grateful for.** (p. 173)

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**Use positive words and choose positive friends.** (p. 176)

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**Taking constructive action feels better than complaining.** (p. 177)

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**Focus on finding solutions, not bracing for the worst.** (p. 179)

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**Worrying prevents you from taking risks.** (p. 179)

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**Thinking well can make you well.** (p. 182)

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**Following a healthy lifestyle is one of the most positive things you can do for yourself.** (p. 184)

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**Eat for health and energy.** (p. 184)

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**Look at exercise as fun time for you, not as a chore.** (p. 184)

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**Self-defeating attitudes trick you into believing you can't succeed.** (p. 189)

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**Negative attitudes produce negative results.** (p. 190)

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**Learn to recognize your self-defeating attitudes and turn them around with positive self-talk.** (p. 191)

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**Life's setbacks and frustrations can't defeat you, but a negative attitude toward them can.** (p. 196)

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**Examine your thinking for distortions and exaggerations.** (p. 196)

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**Try to think in realistic terms, not absolutes.** (p. 198)

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**Negative thoughts lead to unpleasant emotions and self-defeating actions.** (p. 198)

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**Separate your emotional reaction from the reality of your situation.** (p. 201)

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