

THINK AND ACT POSITIVELY TO IMPROVE YOUR PERSONALITY

Dr. Archana Parashar (Sharma)
PTT, COA,
Gwalior (M.P.)

There was a man who made living selling balloons at a fair. He had all colours of balloons, including red, yellow, blue and green. Whenever business was slow, he would release a helium-filled balloon into the air and when the children saw it go up, they all wanted to buy one. They would come up to him, buy a balloon and his sales would go up again. He continued this process all day. One day, he felt someone tugging at his jacket. He turned around and saw a little boy who asked, "If you release a black balloon, would that also fly? Moved by the boy's concern, the man replied with empathy. "Boy, it is not the colours of the balloon; it is what is inside that makes it go up."

The same applies to our lives. It is what is inside that count. The thing inside of us that makes us go up is our personality.

Personality Defined:-

The term personality literally means the mask worn by actors on the stage in the ancient dramas. Now it is synonym of character. There are billions of people on this earth but no two persons are alike in every respect. Everyone is born unique. Even in the identical twins, there are suitable differences. Generally speaking the term personality refers to the role that society expects a person to play in life. It is also a term all embracing. We cannot define it in a simple coherent statement. In psychology it refers to the characteristic patterns of thoughts, emotion and behavior that define an individual's personal style and influence his or her interaction with the environment. You are born with the given personality. The question of whether heredity or environment is more important has been debated for centuries in determining one's personality. Indeed, a personality is a sum total of many traits it is a system. It is a balance it is all traits in equilibrium.

Positive thinking:

The sort of personality we develop can make or mar our life. It can make the difference between what we were capable of becoming and what we have become. A positive personality attracts like magic and a negative personality repels. If you like people, they will positive traits of personality.

Positive thinking is indeed a valuable trait but it is not enough by itself. It needs to be accompanied by positive action. Many people can think positively but they don't match their positive thinking with positive action they are likely to miss the top prizes in life. According to Emerson "Life consists in what a man is thinking all day". When we think positively, we unconsciously create the climate in which success becomes probable. If we think negative, we

An International Multidisciplinary Research e-Journal

set the stage for failure. As one is the product of one's thinking. Positive thinking means productive, creative or constructive thinking. A man of positive thinking is mentally a tough nut. He is not dismayed by snags, setbacks, or adversities or apparently impossible conditions, He takes the odds in his stride: He sees through and thinks through any difficulty or obstacle.

Positive thinking is a habit which can be formed by one who cares to do so. Keep it up till it comes naturally. This is how:

- Practice entertaining positive ideas about small things and then work on vital issues. Replace deepest negative attitudes with small positives like 'I can,' 'it's just possible,' 'That's ok. Positive ideas will derive out the negative ones. Eventually the dominant thoughts of your mind will be full of positive attitude. Man is the result of his attitude. Attitude is supreme and ideas rule the world. Life's battles do not always go to the stronger or faster but sooner or later the man who wins is the man who has the positive attitude.
- Courage is the life blood for positive attitude. It gives you élan and wings. A famous psychologist Maxwell observes, "We must have courage to bet on our ideas, to take the calculated risk, and to act. Everything living requires courage if life is to be effective and bring happiness". Courage in concrete terms means
 - A focused capacity to begin all over again when everything goes wrong;
 - Moving ahead towards your goals in spite of the obstacles that may come up in front of you;
 - Your hope is active not passive;
 - You accept yourself, warts and all, and life as it is and
 - You....fear nothing and bow down to nothing ever, ever, ever.

Never despair, courage is the sure recipe for all your problems. Keep it screwed up to the sticking-place.

- A keen un-hostile sense of humour is the hall mark of a magnetic personality. Humour is the kindly contemplation of the incongruities of life. Its essence is human kindness. Even Esau calls the uncensored sense of humour "the ultimate therapy for man in society." As H.N.Casson puts it, "the man who has no sense of humour is badly handicapped in his passage through his world". People with a sense of humour are much sought after while solemn owls and overly serious asses are shunned.

In every day conversation fill your statements with positive remarks. When the ear constantly hears a positive thought which has been formed by the mind and spoken with conviction, three potent forces are united to transform you from a negative to a positive thinker.

Check out negative words from your vocabulary and thought process. These little devils are 'if', 'can't', 'impossible', counter them with 'next time', 'can' and 'possible'. It is that simple.

Drive out negative expectations from your life style. Cast out expressions that indicate negative expectations like "Things always go wrong with me;" "I know I can't make it." "It's going to be a lousy day. Have an intensive desire to be a positive thinker and sustain this desire, not half-heartedly and in dead earnest. If you firmly believe that you can be a positive thinker, you will be. You are what you believe. But positive thinking needs positive action. For positive to be of practical value, it must be translated into positive, that is, constructive action. The greatest secret of success in life is *doing*. And doing it *now*. Half the battle lies in thinking positively that you *can do* a thing and the other half lies in doing it without dithering or

An International Multidisciplinary Research e-Journal

fantasying. Begin right away without any dilly-dallying. The beginning is the crux of a project. As the Chinese sage Leo-Tzu put it “A journey of a thousand miles must begin with a single step”. Stop being victimised by procrastination—it is the ultimate failure:

“She said procrastination was
The cause of all my sorrow
I don’t know what that big word
Means.....
I’ll look it up tomorrow”.

-----Merie Alice Sherman

A Hamlet would never be able to bring his ship home. He is perpetually soliloquising: to do or not to do. Throw off the Hamlet complex. Take the plunge. Launch forth on your enterprise.

It is the best self starter and infallible self motivator. Make it a part and parcel of your lifestyle. How? By habit. And you develop a habit through repetition. Finally. Do what you do like a human dynamo. Keep on keeping on. Doggedness is the touchstone of positive action which springs from positive thinking pays the richest dividends.

Works cited :

Peale, N.V.(1990).The Power of Positive Thinking. Cox & Wyman Ltd, Berkshire
Agarwal, Vijay (2004).Your Time Starts Now. IndiraPublishing House, Bhopal
Eric, Watson (2006). Correct Manners and Etiquette.Dot Security Press Ltd. New Delhi