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CSE 4314-004

Optional Assignment #2

11/27/21

**The Power of Positive Thinking**

     Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any situation.1 Generally, people have two types of thinking or approaches to any situation. Some of us think positively meaning in a good way or for a good outcome whereas some of us think negatively meaning in a bad way or for a bad outcome. Many philosophers or gurus believe any way of thinking affects our lives. Let’s take a look at the video “Episode #47 The Power Of Positive Thinking” by prof. Ron cross and what he says about positive thinking.

                      The power of positive thinking about ourselves and about how we engage with others may dictate whether we are going to be successful or not. This is true. A lot of people who have been successful in life has always mentioned one thing that even during a hard time they stayed positive and worked accordingly. In life, the power of positive thinking is clear because of positive breeds positivity. What we are doing today in our mental attitude has a direct impact on the decision we make and the decision we make today shapes our future. Positive thinking impacts everyone and every age but mostly it is useful for the people who are in the process of career-making or developing something. Like students, or developers, or inventors, etc must stay positive because it is a kind of energy that drives us to have success in that subject. It is not okay to stay neutral because staying neutral means sometimes we are positive and sometimes we are negative, or we do not have any kinds of thinking which are worse for any kind of job. Let’s take an example: suppose we must complete a project in 10 days. But from the first day, if we are going to say things like “It won’t be completed in 10 days” or “We need more time” or “I don’t think we are going to complete it”, then there are high chances that it will not be completed on time. Bruce Lee said “Do not allow negative thoughts to enter your mind for they are weeds that strangle confidence” which means even if everything is going against you, do not let your bad thoughts consume you, it is the biggest destroyer of confidence. In our life, to give our best in any work that we do, we need confidence and to get confidence, we need positive thinking. Also, we need to maintain our positive image while having any conversations with others. It creates a productive and kind attitude with other people. If we want to have a good relationship with our family members, co-workers, or managers, we need to have any conversation positively. We should not be arrogant or selfish while working in teams or family. It brings collective well-being for everyone whose life co-relates with us.

                        The power of positive thinking allows us to become powerful and to set up the plans that we want to be in.2 To affect change, we must be powerful in a positive way. We should never create a negative attitude towards anything, never feel sorry for ourselves and never think low of our work. We need to create plans that are beneficial for us and the place we work for. Also, we need to keep ourselves engaged. It increases our capacity and confidence to do the job and brings the most of our capabilities.

**References**

1. “Positive Thinking: What It Is, What It’s Not, and How to Do It.” *WebMD*, 26 Jan. 2018, [www.webmd.com/mental-health/positive-thinking-overview#:%7E:text=Positive%20thinking%2C%20or%20an%20optimistic,your%20physical%20and%20mental%20health.&text=It%20simply%20means%20you%20approach,that%20things%20will%20go%20well](http://www.webmd.com/mental-health/positive-thinking-overview#:%7E:text=Positive%20thinking%2C%20or%20an%20optimistic,your%20physical%20and%20mental%20health.&text=It%20simply%20means%20you%20approach,that%20things%20will%20go%20well).

2. “Episode #47 The Power of Positive Thinking.” *YouTube*, uploaded by Ron Cross, 25 Jan. 2021, www.youtube.com/watch?v=0KjJO9ht6mI&ab\_channel=BoomerLifeLessons%26Stories

**CSE - 4314**

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*I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.*

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