**12 Magic Life Principles**

As told by Norman Vincent Peale

First. **Think health, talk health, act health**, and you will go a long way to being healthy.

Second. Be an actor. Acting love instead of hate. **What you act tends to become fact**.

Third. Shift your attention deliberately from the thing you are worrying about. The mind can only occupy itself with the object of its attention. **So give attention to faith, not to worry.**

Fourth. Cultivate opposites – If fearful, cultivate courage. If weak, cultivate strength. If gloomy, cultivate joy. **Act as if, and you tend to become that.**

Fifth. Rationalize your worries, hates and jealousies. Put them on the dissecting table, ruthlessly take them apart. You’ll find there is very little substance to them.

Sixth. Get a sense of the perspective of time and distance.

Seventh. **Cultivate optimism.**

Eighth. Don’t talk trouble. **Talk life up, not down.**

Ninth. Develop exocentric versus egocentric interests. **One of the greatest of all laws is that those that forget themselves, really find themselves.**

Tenth. Superimpose the positive on the negative. When a negative thought comes, practice cancelling it with a positive thought and affirmation.

Eleventh. Practice great affirmations. Like **“life is good”, “I believe”, “people are wonderful”. Such affirmations lift you into the area of infinite power and will reproduce in kind.**

Twelfth. Assert and dwell on your very being. **Appreciate your worth and cultivate your self-esteem.**  When you’re dealing with others, stop and think “this person possesses value”. You’ll find that the more value you place on others, the more value you will see in yourself.