

How To Stay Positive In Tough Times

By Alicia Power

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International Life Coach, Alicia Power says Positive Thinking has the power to transform a disaster, such as the current economic downturn, into a potential for growth.

International Life Coach, Alicia Power says it takes deep committment to one's higher nature to ride out the current economic crisis.

Helping others in unfortunate circumstances, staying committed to positive and creative thinking, and not losing hope are some major strategies to stick to, she says.

"The other day I was talking to an ex-drug addict who has been 'clean' for 16 years. This woman lost everything, including temporarily her sanity. Today she has a thriving jewelry design business. If that's not going to hell and back, tell me what is."

Such examples, and learning how to stay calm to keep the mind clear, help people rethink their skillset as well as motivate them to broaden their horizons.

Power believes positive thinking can create suprising results. "When people stop panicking and and hit the pause button on their emotions - new ideas can flood in. You'd be suprised how often a solution sits in that space between our ears."

Power is giving away a free report on "How To Stay Positive" as well as a free downloadable 1 hr radio interview on Positive Thinking at <http://www.soulmentoring.com/report.html>

Category Health, Positive Thinking, Psychology

Tags Positive Thinking, Consciousness, Stress, Economic Crisis, Soul, Hope, Upskilling, Calm, Balance, Creative Thinking,

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