

POSITIVITY

A great good for body and mind

Walkees

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**Simple talk about life
and
Motivation in life and work
Book # 2**

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Introduction

Positivity, a positive word, which sometimes gets seen as negative. This book is meant to show its readers what kind of influence a positive and optimistic character has on our health, both physically as mentally. This book is meant to make certain things clearer and to help and motivate people to grow old with the use of an optimistic way of thinking. The book is not based on scientific research, it is just the opinion of the author, but maybe, after reading the book, the reader will scrap the word 'just'. Of course, when talking about positivity, we automatically will also talk about negativity, as well as optimism and pessimism. All these words are related with each other and with one's character. The text of the book will be enlightened by anecdotes and phrases, from the author, related to the text. Because of that, it sometimes even reads like a novel. Be aware, but don't look before you are really there; The most important message comes at the end of this book. Can you keep yourself from looking?

'BE POSITIVE, IT WILL COST YOU NOTHING, BUT IT WILL BRING YOU A LOT'.

POSITIVITY AND OUR MIND

What else, than to start with our mind. Our mind, which does so much for us and with us, but we never see it, we never feel it. Who thinks about the health aspects when just talking about positivity? Not many people, probably. Who thinks about our mind, when talking about health? Probably even less people. Maybe it is time to start about the health aspects, related to our mind, and related to positivity and optimism. Before we do that, however, we need to know what we are really talking about when we talk about positivity and optimism. As you can read in the introduction there are a couple of words (negativism, positivism, pessimism) causally related, and all these words are, or can be related to one's mind or character. The author of this book has an outspoken opinion about the influence these characteristics can have on health and mind, and even in some cases in opportunities in life and work. Here is the first anecdote from the life of the author.

- *He was 7 years old, and the primary school was about 4 kilometers from his home. Normally he went to school on his bicycle, and even came home for lunch.*

- *It was the winter of 1965, when winters in Holland were still very cold.*

When the water in the ditches was frozen, he and some of the boys of his neighborhood went to school over the frozen ditches, on ice skates. One day, it was freezing below 15 degrees Celsius, when the boy put on his ice skates and had to stop to blow warm breath to his fingers, because the cold made them too stiff and painful to tie the laces of his skates.

He had already packed his feet in a newspaper, before putting on his shoes, and he had two pairs of gloves ready to put on.

On his head he wore two kinds of hats, and a woolen scarf was twisted around his neck. Still the boy knew he would get cold, but he had already developed his own way to motivate himself. He did that with positive and optimistic thoughts. He thought like this.

'Normally the time I need to go to school on my skates is about one hour, but then I do not rush. When I just go as fast as I can, it will take less time, and because of the extra effort I will feel less cold. While skating I am also going to fantasize that I am skating the 11-city tour and fantasize about winning that tour. It will take my mind off the cold, and I will arrive at school before I know it'.

And so, he did, and he ice skated to school in less than 45 minutes. In his mind (fantasy) he won the tour, and the extra adrenaline this gave him made him not feel the cold at all.

When he arrived at school, his face was red and, on his forehead, there was sweat, from skating faster than he had ever done before, and from the excitement of his fantasized adventure.

Now let us imagine he did not act like this, but just did everything as usual and not fantasizing about anything. It is quite easy to see that that would have made his trip much more difficult and unpleasantly. It would have taken him 15 minutes longer, so 15 minutes longer in the cold. In his mind he would have been busy only with the cold he felt, no extra adrenaline, no excitement to warm his body.

Now look again to the first phrase in the book.

‘BE POSITIVE, IT WILL COST YOU NOTHING, BUT IT WILL BRING YOU A LOT’.

So, it did not cost the boy anything, but he was not feeling cold when he arrived at school, 15 minutes faster than before.

This is just a small example to begin with, but you can see, that at least in this example you could see a direct relation to what the optimistic thoughts and ideas and the positive actions, brought the boy for his physical condition.

Now let us go to the base of everything, because in many cases the base, or the start of something, are of great importance to how things are, and how things develop. We started in this book, talking about a positive or optimistic character, which were related to their opposites, negativism, and pessimism.

Of course, our character is formed from the moment we are born, influenced by our up bringers and other people around us. But not only by these people, also the location, and the way of life in the neighborhood we grow up has its influence on our character. Let us go deeper into the subject on how our character is formed and if we can change it when we would wish to. There are also other questions that will pop-up, of course, and there also will be different subjects we need to talk about, because the character of a human being has its base in numerous factors and changes, or could change in time, because of certain events in life.

Questions that will come to mind when we think of changing characters, or the need to change are also numerous. Should we and do we think we should? How do we do that? Is it even possible to change our character?

What tools do we have? Can we do it ourselves and on our own? How do we analyze our own character? How do we determine the positive and negative aspects of our character? How important are our friends, our partners, our colleagues, and other people in our lives for the forming or changing of our character? How important are circumstances and the location where we are brought up or are living? How important even is money, the school we go, the job we have, the hobbies or interests we have? A lot of questions and we will try to answer them all. There is one thing the author of this book used for himself, already from a noticeably young age.

It is also mentioned in the first book of this series, 'Essential needs in life – How to get and how to keep them'. Most days, before going to sleep, he stood in front of the mirror in the bathroom, and asked himself several questions, like: How was your day, what went well, what went wrong, and why? Do you have anything to be sorry about?

What would you do different when you could start this day again, from scratch? What are you going to do different tomorrow?

Our mind can be a complex part of our being. It can make us feel good or happy. It can give us questions, or even riddles. It can make us feel sad or hurt, and we can even have a fight with ourselves, in our mind. When we are young there is more fantasy and dreams.

When we become adulterary our ambitions, wishes for life, and material matters take the overhand. When we grow older, we could start to forget and the things in our mind get less, until even, for some of us, we do not have control, over our mind anymore.

Another aspect of our mind has to do with how old we feel, or do we feel old or young? The latter, do we feel old or young, of course has to do with our physical condition, but do not underestimate what our mind contributes to this. That has all to do with the title and the message the author would like to give to the reader of this book. The author of this book is strongly convinced that a positive mind can make us feel younger than we physically, or age wise are. The author also hopes you will have the same opinion after you have finished reading this book.

Before we end this chapter with two other phrases from the author, we would like to make one thing truly clear.

When we talk in this book about a negative or positive character or about a negative or positive person, we do not mean that the negative one is bad and the positive one is good.

We are talking about the way people express themselves and the way people motivate or demotivate themselves and others.

The way people talk about things, the way people express themselves.

Now the already promised two phrases.

‘Self-reflection is a tool to better yourself in the fastest way. Without self-reflection there is the danger you will have a totally wrong image about yourself and about others.’

‘We need to keep our mind busy, to keep control over our mind’

THE BASE OF EVERYTHING

The base of everything, or should we say: everything starts with the base. It could be both. When we start something new, we need to form or use a base to start from. Sometimes that base already exists, or we can use other existing tools or knowledge. The character of a human being however, already has its base at the moment we get self-observant, and we start to remember things, let us say from the age of 3? After that there is a period that the character gets formed and re-formed by all the things and people surrounding us. Specially in the young years of a child, when vocabulary and language in general has not grown to fluency yet, our character is influenced mainly by example. Now, we need to be careful with making outspoken conclusions, because as with everything in life, there are always exceptions. If all the above were just what it was, everybody would get mainly the same character as their up bringers, but of course that is not a general conclusion to make. It is thinkable and expectable that in the character of a child characteristics are to be found from both (if there are two) up bringers, but that is where it usually stops.

When we are 4 or 5 years old, we go to kindergarten, and later to primary school and so on. The period we go to school has a big influence on how we develop, but do not underestimate the period before we start going to school.

That period might even be of high importance when we are talking about forming character. That period might be the period where we lay the real base for our character.

At the same time, we need to make a remark to that, because it is not as straightforward as it might look. Actually, it is an overly complex subject when we talk about the forming of characters. There are so many things that can influence the forming of a character, and it can be different from one person to another on how much each individual aspect affects the outcome.

Let us look at an anecdote from the author's life again, to make things more visual, and hopefully easier to understand.

- *He had two brothers and one sister and was the youngest of all. At the age of 8, his brothers were 12 and 16 years old and his sister was 17.*

The brother of 12 was a boy that always was found at home or with the neighboring farmer.

He was always busy with some kind of work or was working on things he was making or repairing. He did not have many friends but seemed totally ok with that because it was a quiet, somewhat introvert boy who was totally happy with being on himself. The other brother of 16 was different, had friends, went out, and had a girlfriend on a young age, which resulted in the pregnancy of the girl, and a marriage when he was just 17 years old.

The sister had many friends and was an outgoing person. She also had certain interests that brought her into contact with a different kind of people as what they were used to in the little village, they lived in. She married a boy who had a special view on live and how to live it.

They married in their early 20's and moved some 200 kilometers away, to the north of the country, where they bought a house with a lot of land and started to grow their own vegetables and produce their own energy. When the author was 8 the oldest brother already left the house, so there were only one brother and sister where he could look up to. But did he? No, not at all. The boy had many friends in the neighborhood and at school he was one of the popular figures.

But the boy had one special characteristic, he was very independent, and clearly that was what he wanted.

He was not afraid of anything, and he was always looking for new adventures. When there was no real adventure or activity, he would just imagine one and play it in his mind. This went quite far, like having a girlfriend from the city, who actually did not exist. But the way he talked about her with his friends at school made her real for everyone and got him the admiration of his friends. He did not like the fact that he always had to wear the clothes that had gotten too small for his brother or got the old bike from his brother or other things. That is why the boy started to work, after school, every day, at the local supermarket, filling the racks, and later climbing up to better paying tasks or jobs.

It gave him the possibility to buy the new clothes and shoes, he liked. It gave him the possibility to buy a new bike and also it provided him with enough money to go out with friends, already from a noticeably young age. It all made the boy growing up in a totally different way than his brothers and sister, although living in the same house, with the same parents, the same neighborhood. Now there were a couple of characteristics to point out.

He developed in having the work attitude of one of his brothers, the open view to life from his sister and the outgoing character of his oldest brother. Now the question rises of course, where are the parents in this story?

*Did he take over things from the characters of the parents and which part did they play in his development. Of course, he took over certain things, like the caring characteristic of the mother, but not much from the father. There is more to read about that in the first book of this series, *Essential needs in life – How to get them and how to keep them*. He left the house, and the village, when he was 19, and beside a short period, where he was back living in the village because of work in the neighborhood, he travelled the world and worked in several countries and socialized with all kinds of cultures. What we can say is, that the boy took the parts from the people he lived with, but only the parts that suited him, with which he felt most comfortable.*

We can now, now the author has reached the age of 63, also say that his travelling for work and his contact with people of all levels of the society has formed his character, but also made it change during the years.