

POSITIVITY

A great good for body and mind

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Introduction

Positivity, a positive word, which is sometimes also seen as negative. This book aims to show readers the impact a positive and optimistic nature has on our health, both physically and mentally. This book aims to make certain things clearer and to help and motivate people to grow old with the help of an optimistic way of thinking. The book is not based on scientific research, it is only the opinion of the author, but perhaps after reading the book, the reader will delete the word 'only'. Of course, when we talk about positivity, we are also automatically talking about negativity, but also about optimism and pessimism. All these words have to do with each other and with one's character. The text of the book is illuminated by anecdotes and sayings of the author, related to the text. Sometimes it even reads like a novel. Pay attention, but don't look before you get there; The most important message comes last. Can you avoid looking?

"BE POSITIVE, IT WON'T COST YOU ANYTHING,
BUT IT WILL BRING YOU A LOT."

Positivity and our mind

W*hat 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 we are just talking about positivity? Not many people, probably. Who thinks about our mind when it comes to health? Probably even fewer people. Maybe it is time to start talking about the health aspects, related to our minds, and related to positivity and optimism. However, before we do that, we need to know what we are really talking about when we talk about positivity and optimism. As you can read in the introduction, a number of words (positivism, pessimism, negativity, positivity) are causally related, and all of these words are or can be related to a person's mind or character.

The author of this book has strong opinions about the impact these characteristics can have on health and mind. In some cases, even on opportunities in life and work. Here is the first anecdote from the author's life.

- *He was seven years old and the elementary school was about four kilometers from his home. Normally, he would cycle to school and even come home for lunch.*

It was the winter of 1965, when the winters in the Netherlands were still very cold.

When the water in the ditches froze, he, and some boys from his neighborhood, went to school on skates across the frozen water.

One day it was freezing minus fifteen degrees Celsius, when the boy put on his 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 wrapped his feet in a newspaper before he put on his shoes, and he had two pairs of gloves ready to put on. On his head he wore two kinds of hats and around his neck was a woolen scarf. Still, the boy knew he was going to be cold, but he had already developed his own way of motivating himself. He did so with positive and optimistic thoughts.

He thought like this.

"Normally, the time it takes me to get to school on my skates is about an hour, but then I do not rush. When I just go as fast as possible, it will take less time, and because of the extra effort, I will be less cold.

While skating, I also start to fantasize that I am skating the eleven cities tour, and fantasize about winning that tour. It will take my mind off the cold and I will be at school before I know it."

And he did, and he skated to school in less than forty-five minutes. In his head (fantasy) he won the tour, and because of the extra adrenaline this gave him, he did not feel the cold at all.

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

Now let's imagine that he did not do like that, but just did everything as usual and did not fantasize about anything. It is pretty easy to see that that would have made his journey much more difficult and unpleasant. It would have taken him fifteen minutes longer, so fifteen minutes longer in the cold.

In his mind, he would have been preoccupied only with the cold he felt, no extra adrenaline, no excitement to warm up his body.

Now look again at the first statement in the book.

"BE POSITIVE, IT WON'T COST YOU ANYTHING,
BUT IT WILL BRING YOU A LOT."

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

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

Now let us get to the basics of everything, because in many cases the base, or the beginning of something, is of great importance to how things are and how things develop.

We began to talk in this book about positive and optimistic characters, which were related to their opposites, negativity and pessimism.

Of course, our character is formed from the moment we are born, influenced by our parents, grandparents, and everyone else around us.

But not only because of these people, but also the location and way of life in the neighborhood in which we grow up has its influence on our character. Let us delve deeper into the topic of how our character is formed and whether we can change it when we want to. Of course, other questions will also arise, and there will also be various topics that we need to talk about, because the character of a human being has its base in numerous factors and changes.

Over time, our character can also change, due to certain events in life. Questions that come to mind when we think of changing characters, or the need to change, are also numerous. Should we, and do we think we could?

How do we do that? Is it even possible to change our character? What instruments 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 co-workers, and other people in our lives to the formation or change of our character? How important are the circumstances and the location where we grew up, or live?

How important is even money, the school we go to, the job we have, the hobbies or interests we have? Lots of questions, and we will try to answer them all.

There is one thing that the author of this book used for himself, from a remarkably young age.

Most days, before going to sleep, he would stand in front of the mirror in the bathroom and ask himself various questions, such as; How was your day, what went well, what went wrong, and why? Do you have anything to regret?

What would you do differently if you could start this day all over again? What are you going to do differently tomorrow?

Our mind can be a complex part of our being. It can make us feel good or happy. It can ask us questions or even puzzle us. It can make us sad or hurt, and we may even have arguments with ourselves in our minds. When we are young, there is more imagination and there are more dreams.

When we become adults, our ambitions, life desires, and material things take over. As we get older, we can begin to forget and the activity in our mind becomes less, until even for some of us, we no longer have control over our mind.

Another aspect of our mind has to do with how old we feel. Do we feel old or young?

The latter, do we feel old or young, has of course to do with our physical condition, but do not underestimate what our mind contributes to this. This has everything to do with the title and the message the author wants to convey to the reader of this book.

The author of this book strongly believes that a positive mind can make us feel younger than we are physically, or age-wise. The author also hopes that after reading this book, you will have the same opinion.

Before we close this chapter with two other statements by the author, we want to make one thing really clear.

In this book, when we talk about a negative or positive character or about a negative or positive person, we do not mean that the negative is bad and the positive 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 for the statements, or maybe we should call it phrases, that have already been promised.

'Self-reflection is a tool to improve yourself in the fastest way. Without self-reflection, there is a danger that you will get a completely wrong image of yourself and others.'

And the second:

'We need to keep our minds busy, to maintain control over our minds.'

The base of everything

The base of everything, or should we say; It all starts with the basics. It can be both.

When we start something new, we need to form or use a foundation to start with. Sometimes that basis already exists, or we can use other existing tools or knowledge. However, the character of a human being already gets its base the moment we become aware of our surroundings, and we start remembering things, let us say from the age of three, maybe four? After that, there is a period when the character gets shaped and reshaped by all the things and people around us. Especially in a child's early years, when vocabulary and language in general are not yet fluent, our character is mainly influenced by example. Now, we have to be careful about making strong conclusions, because as with everything in life, there are always exceptions.

If all of the above were what it was, everyone would have largely the same character as their parents, but of course, that is not a general conclusion. It is conceivable and to be expected that in the character of a child there are characteristics of both (if there are two educators), but that is usually where it ends.

When we are four or five years old, we go to kindergarten, and later to elementary school and so on. The period that we go to school has a big influence on how we develop, but do not underestimate the period before we go to school.

That period can even be of great importance when we talk about character building. That period could be the period when we lay the real foundation for our character.

At the same time, we have to make a comment on that, because it is not as simple as it seems. Actually, it is a particularly complicated topic when we talk about the formation of characters. There are so many things that can affect the formation of a character, and it can vary from person to person how much each individual aspect affects the outcome.

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

- *He had two brothers and a sister, and was the youngest of them all. At the age of eight, his brothers were twelve and seventeen years old, and his sister was sixteen.*

The twelve-year-old brother was a boy who could always be found at home or at the neighboring farm.

He always was busy with some kind of work for the farmer next door, or was busy with things he was making or repairing. He did not have many friends, but seemed to be completely content with that, because he was a quiet, somewhat introverted boy who was completely happy with himself.

The other brother, who was seventeen, was different, had friends, went out, and had a girlfriend at a young age, which resulted in the girl's pregnancy, and their marriage, when he was just seventeen years old.