



Lesson 7 – Positive Mental Attitude

Pat yourself on the back

Today is going to be a great day!

This is a 22-lesson course. I will be teaching 1 lesson per day, Monday – Friday, for the month of June

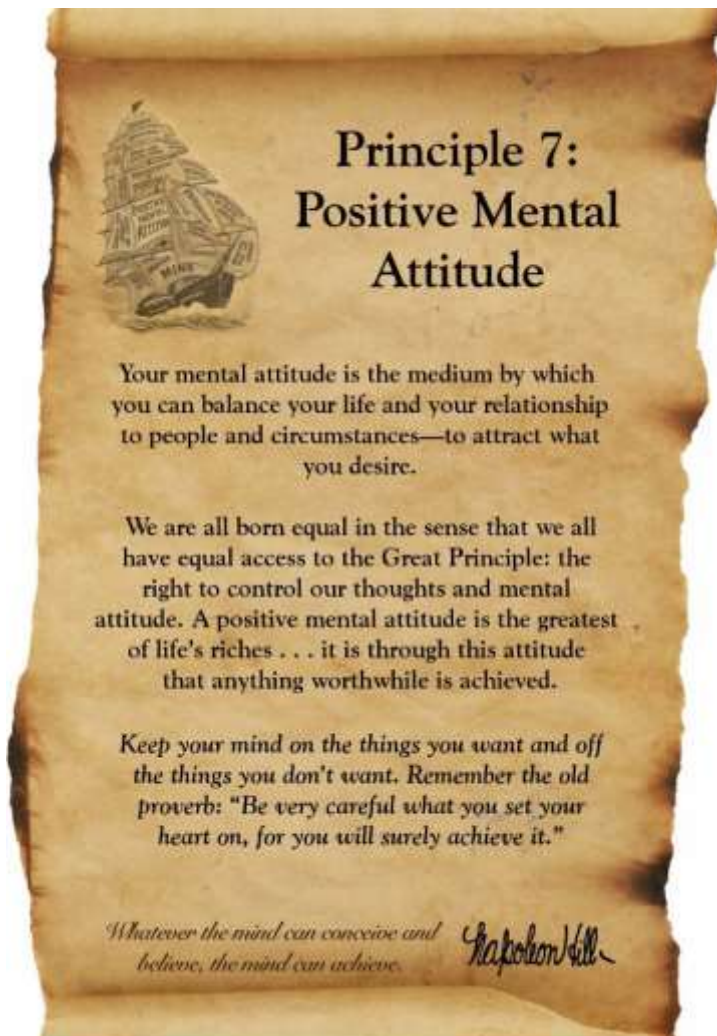
The recordings of each lesson will be up on <https://dailymotivationalcall.com/>. On this page you can find videos of Napoleon Hill teaching his content.

The Facebook group we will be using for the class is <https://www.facebook.com/groups/ELIsaleschampion/>

You can join the class live in 3 ways:

1. Facebook Live - <https://www.facebook.com/groups/ELIsaleschampion/>
2. Conference call – 1-669-900-6833 code: 93815463214#
3. Zoom – www.thinkandgrowrichcall.com

I will offer a certificate of completion for those of you who go through the entire course.



Positive Mental Attitude

Big Idea of Today's Lesson - Being positive is a learned skill

Anyone can be positive when things are going their way

The question is how do we stay positive when things are not going our way.

To grow in this area we need to create new patterns for what things mean when things don't go our way

Byron Katie – Stressful thoughts cause us to feel stressed

Fear and faith can't co-exist



You can't think positive and negative at the same time

There is duality in life

Jim Rohn – The seasons of life

When we are holding on to anger, fear or negativity we aren't thinking about the cost.

Painful divorce – Let go of the hurt and is now happily remarried

Give it over to God

Small wins creates confidence

With every adversity there is a seed of equal or greater benefit – Napoleon Hill

Bonus Video – <https://www.youtube.com/watch?v=Bn8U5BBaOiw>