

Positive Thinking

It may be hard to have and show a positive attitude and thinking while warehoused in a prison or a prison camp but if you forget the mistakes you made in the past and improve on them and learn not to make the mistakes again it is a start.

Don't be ashamed of what you did and who you were that is over. Now start a new chapter in your life making all positive out comes. You can turn this negative into a positive if you will just let. Negative things may happen while you are locked up and you have no control. Even death to a friend or family member. You may not be able to attend the funeral but you can grieve in you own way. Grieve with a smile on your face. Think about all the positive things this person has done. If you try to only think only the positive things of what others have done and what you have done will make you feel better physically and mentally. Do not dwell negatives just the positives.

The mistakes in your past are over now only think what you legally can do as a positive step towards your future. Have a plan so when you get out you can fulfill that plan. This can only be done with positive "I can" attitude.

A positive thinking person is more successful in business, family, sports and just about anything. Believe you are a winner and you can succeed at whatever you can do.

With a positive thinking mind you have to act as well. Hang out with successful positive people. Even in prison there are those people as well and it takes little to know who they are. Be proactive and know what you want and how you are going to get it. Listen to advice from others and then make up your mind. Work hard, study hard and play hard.

Are you looking for that special someone to bring into your life, search join programs such as pen pals be proactive you will find your dreams.

"Negative people say I can not do that"

"Some people say Maybe I can do that."

"Positive people say I can and I will do that"

Which will you be?

ROGER W UPCHURCH

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