



7 Takeaway Tips for powerful, positive, practical, living

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Tip 1. Look for good in your life

Be grateful. Don't criticize yourself or others. It depresses your mental state, de-stabilizes your health.

"Are we really grateful for the good already received? Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more. Gratitude is much more than a verbal expression of thanks. Action expresses more gratitude than speech."

Science and Health with Key to the Scriptures by Mary Baker Eddy p. 3

Tip 2. Be happy

You were created to live a happy, healthy life. Affirm about yourself: God made me happy and He keeps me happy.

"Happiness is spiritual, born of Truth and Love. It is unselfish; therefore it cannot exist alone, but requires all mankind to share it."

Science and Health with Key to the Scriptures p. 57

Tip 3. Say "no" to worry.

Worry isn't genetic. Worry is negative thinking that you practice until it becomes a habit. Break the habit! Shift your concerns from a "worry list" to a "prayer list".

"When the illusion of sickness or sin tempts you, cling steadfastly to God and His idea. Allow nothing but His likeness to abide in your thought. Let neither fear nor doubt overshadow your clear sense and calm trust, that the recognition of life harmonious — as Life eternally is — can destroy any painful sense of, or belief in, that which Life is not." *Science and Health with Key to the Scriptures p. 495*

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Tip 4. Shut out unhealthy thoughts and fears

Watch what you let into your thinking. Be choosy. Resist fear.
Divine Love made you confident and keeps you confident.

“When the condition is present which you say induces disease, whether it be air, exercise, heredity, contagion, or accident, then perform your office as porter and shut out these unhealthy thoughts and fears.”

Science and Health with Key to the Scriptures p. 392

Tip 5. Don't ruminate, reiterate or speculate

Don't chew over past hurts, constantly repeat negative thoughts or wonder why some thing's gone wrong.

“Mortals move onward towards good or evil as time glides on. If mortals are not progressive, past failures will be repeated until all wrong work is effaced or rectified.”

Science and Health with Key to the Scriptures p. 240

Tip 6. Expect good in your life right now

You have good right now. Hold thought steadfastly to good – no matter what.

“Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts.”

Science and Health with Key to the Scriptures p. 261

Tip 7. Practice thinking spiritually

Divine Love made you well and keeps you well.

“You embrace your body in your thought, and you should delineate upon it thoughts of health, not of sickness.”

Science and Health with Key to the Scriptures p. 208

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powerful, positive, practical living
The right reference book.**

