

Richard Gee

From: - The Maverick Spirit - [thespirit@spiritmailer.com]
Sent: Wednesday, 25 June 2008 10:23 p.m.
To: Richard
Subject: Richard Being Positive All The Time is Unhealthy... spiritmail260608



**"If you can imagine it, you can achieve it
If you can dream it, you can become it." WILLIAM ARTHUR WARD**

Being Positive All The Time is Unhealthy... Spiritmail June 26th, 2008

This week I had a phone call from a friend who has just had a run in with the authorities, which has continued over 10 years, and which included a short stay at "holiday farm" just east of Perth and it helped crystallised many of my thoughts over the last few months. My friend's "wrong doings" have been quashed on appeal but the damage has been done to his own health, that of his immediate family and I am sure, of his close friends.

The senselessness of the saga is mind numbing, the costs astronomical, and bloody mindedness of the government servants who have continued their assault on him beggar belief.

As I expressed my sympathy for his plight he said *"Wayne, it was nothing compared to the battles you have waged over the last few years."*

I was nonplussed by the comment but on reflection it made me realise that not many people who could continue the battle as I and my family and close friends have against the authorities senseless campaign in regard to modern marketing and the application of a retrospective law against a small family business conduction business education.

But I wonder if I am this very positive person that most people see. And as if by divine will, I came across a great note from [Martin Avis](#), who writes great material on Internet marketing and life. Martin addresses the situation of people who apparently can burst through walls regardless of the circumstances.

Martin poses this question: Is the most positive person in the world really a closet pessimist.

Is that a contradiction in terms?

Not really. It is just an acceptance of the fact that we are very complex beings and that there are an awful lot of facets to our personalities.

A person who is 100% optimistic about every little thing in life probably wouldn't survive. A little negativity is what keeps us safe. I can admit to days when it seems all too much but I have trained myself to "worry for a few minutes" and then move on.

For example, when you are driving, you'd be nuts to assume that every other driver on

the road is going to behave perfectly. You hold back a little bit of pessimism to keep you focused on potential problems.

Business is like that too. If you see every situation with rose-colored glasses, all that will happen is that your world will be pink.

We all need a little reality to keep our optimism and positivity burning brightly. Without contrast there is only grey (or pink!)

My advice is not to beat yourself up if you occasionally find yourself having negative thoughts, they are quite healthy. May I suggest that every now and again you consider what it would be like if the worst thing that is possible happened to you.

Amazingly there are people who have experienced ill health yet found things to be thankful for [*if you get a chance watch the Michael J Fox interview on Foxtel's Bio for inspiration*], people who have been bankrupted yet have dusted themselves off and started again, and finally as with my friend who I mentioned earlier, have had their liberty taken away for a while yet have re-emerged stronger and more focused.

Martin Avis says that the time to worry is if you only occasionally have positive ones! Then you have to take steps to find out why you are so down on yourself and the world, and work out a strategy for redressing your own personal balance.

There are good solid reasons why you should aim for a positive balance.

Studies show that optimists tend to achieve more, stay healthier longer and suffer far less depression. Good reasons to see the bright side, I'd say!

Martin mentions three simple tricks that can soon get your mind into the habit of seeing positive rather than negative:

1. Wear an elastic band on your wrist. Whenever you catch yourself thinking 'I can't', ping it. It will hurt, but you will soon break the 'I can't' habit. [This technique is mentioned in Mark Victor Hansen's [The One Minute Millionaire](#) and I wore a elastic band for a few months but it **REALLY HURT!!**]

2. **Whenever you feel overwhelmed**, and much negativity comes from that 'can't cope' feeling, **take five** and write down all the pros and cons of the situation. Then take all the cons and think what is the worst that could happen. When you've done that, do the same with the pros - think of the best that can come from each of them. Now focus on achieving those 'bests'.

My own suggestion here is to **write your positive and negative thoughts in a journal** that you carry with you often. Your own thoughts are the most positive influence you can possibly have.

3. Find the most optimistic and positive person you know and invite them out for a drink occasionally. There is nothing like absorbing positivity from others to give your own flagging spirits a boost.

Often people seek me out and start by asking how I am but will often fill me in on **the woes of their current situation**. I give them a swift kick up the proverbial, and they go off happier. All I need is someone to come and give me a charge of energy... no, not

really. **Just a great book is all I need to top up the positivity tank.**

Enjoy this issue of **The Maverick Spirit...** That's it for today, until next time, continue to enjoy being a free spirit in a complicated world...

Wayne Mansfield

P.S. Did you know that the **Boxer dog** is appropriately names as boxers strike with a front paw when fighting. Although a boxer is well built and is often used as a guard dog, they have a mild enough temperament to provide companionship as well.

P.P.S. If you like to carry your dog around in your handbag, the **Bichon frise** is the right size and is favourite of the "ladies who lunch" set. A great companion, the **bichon** requires frequent brushing, loves sitting on its owner's lap and is generally a happy dog.

And for something really different:

Visit my daily thoughts and views at [Confessions of a Boy from Margaret River](#) where you can leave comments and ideas on stuff that doesn't make it to [The Maverick Spirit](#)



The Best Time To Teach Your Dog a Trick

Randy Miller, Hollywood's reigning master of animal training, says that the best time to teach your dog a trick is soon after the canine's first birthday. Apparently the dog, although young and active, is maturing quickly and his brain is developing. Start with sit and stay and move onto the fun stuff of play dead, or shake hands, or roll over.

Source: Michael Kaplan. [The Best Time to Do Everything](#)

MAVERICK QUOTE OF THE DAY

The great pleasure of a dog is that you may make a fool of yourself with him and not only will he not scold you, but he will make a fool of himself too.



Samuel Maverick (1803-70) Texan rancher who, when branding of stock was introduced chose "**Not to Brand.**" Every unbranded horse or cow he then claimed as a **Maverick!**

Samuel Butler

Feedback: There is not much more you can say about Penguins but a couple of people did write: I picked just a couple to report here.

Wayne

How cool are you? And penguins are just my favourite thing.

Have fun today.

Paul Dunn

and a note of thanks from **Phil Evans**

Thanks again for the mention Wayne - and for the link to [peoplestuff!](#)
have a great week mate

Phil

p.s. I love penguin stories, and Happy Feet is such a good movie, as are most kids movies!



The advertisement features a book cover on the left with the title 'webmarketing' and a subtitle 'beyond the basics...'. The cover shows two hands holding a computer mouse. To the right of the book, the title 'webmarketing' is written in large, bold letters, with 'beyond the basics...' in smaller text below it. A paragraph of text follows: 'A new way to do business that will change business forever and unleash unlimited prosperity to those who learn these secrets.... With World Wide Web having a half life of 90 days, you need to keep up to date with the techniques that are being used to achieve outstanding success marketing on the Internet.' Below this text, it says 'Order Yours Through Business Seminars Australia'.

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Until next time then... enjoy being a free spirit in a complicated world.

Wayne Mansfield Editor

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