

# YOUNG Explorer

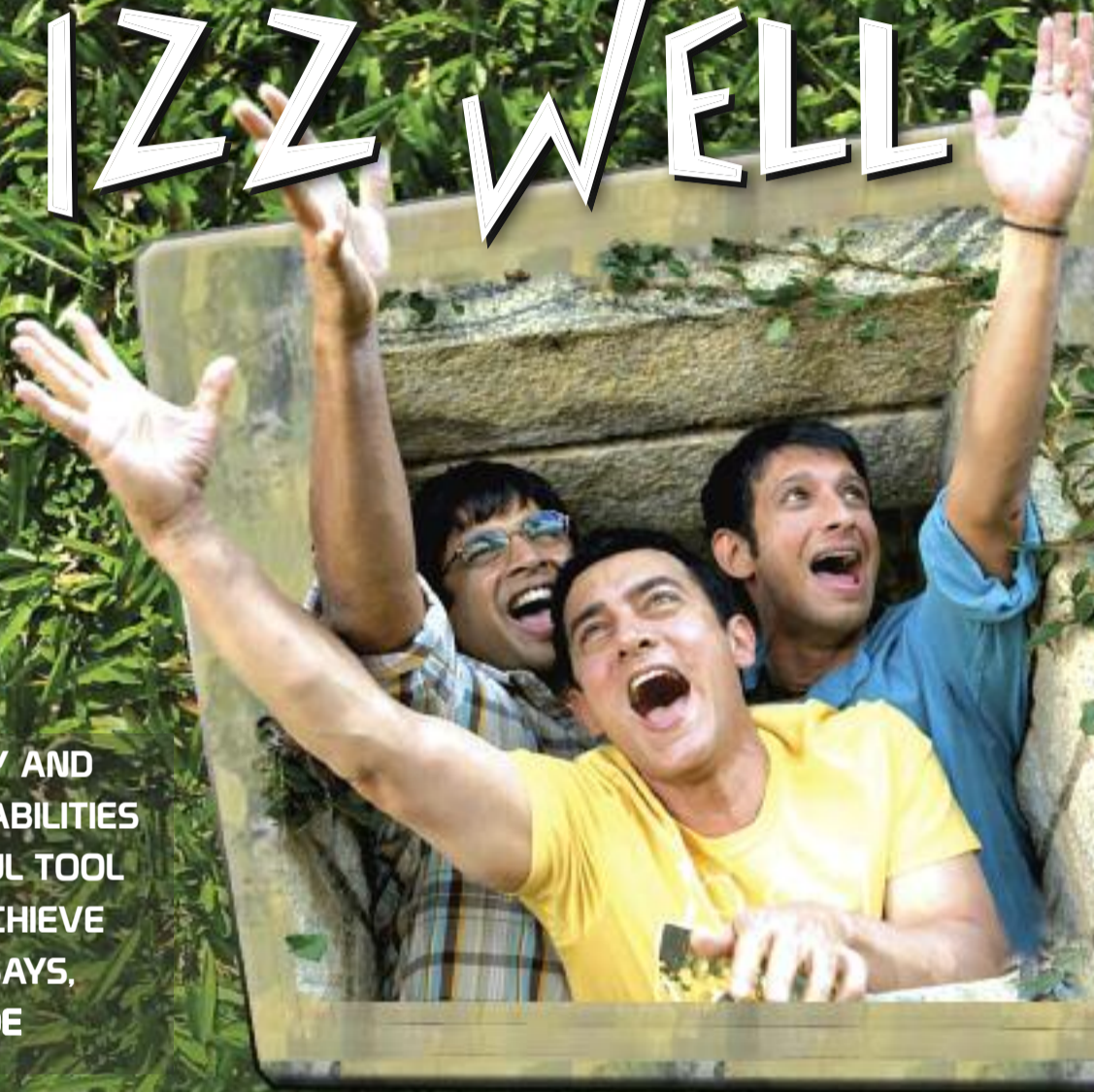
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## Aal izz Well

THINKING POSITIVELY AND BELIEVING IN OUR CAPABILITIES IS THE ONLY POWERFUL TOOL THAT WE NEED TO ACHIEVE ANYTHING IN LIFE SAYS, SHOBHAA TAWDE



I am sure each scene in the movie, 'Three Idiots' is now a memorable one for all of you. Taking you back to one such scene where Rancho narrates to his friends about the blind watchman who 'guarded' the place with an 'Aal Izz Well' cry. The confidence with which the watchman let out the cry made people sleep soundly, oblivious to things around them. The simple incident highlights on the impact that the right words and deeds have on the human mind, as they generate a positive attitude, bringing about a confidence to achieve just about anything...

History is replete with examples where individuals have overcome failure or disillusionment and treaded the path of success with the sheer power of their attitude. Each individual has his or her share of good and bad moments. Success and failure are two sides of the same coin. However, while success elevates a person to a different level, not all individuals can overcome failure and move ahead. For some, failure could be the most effective learning experience, while for some it could be a life-threatening incident.

The underlying fact is that any failure can be translated into success if you have the will

to go ahead and take on the challenge posed head-on. Success is the result of bouncing back during times of discouragement and this can only be done with a positive attitude. Way back in 1858, a young man lost his job, got defeated in the legislature, started business and failed, contested in legislature for the post of speaker and lost, tried for nomination in a political party and lost, contested the senate and the elections for vice-president and lost...and then just two years later, he was elected as the President of America! He was none other than Abraham Lincoln. The string of failures did not deter this man's ambition and did not sway him from achieving his goal. With the right attitude, Lincoln changed each discouragement into one further stepping-stone towards achievement!

There is nothing exceptional here. When the attitude is positive we have pleasant feelings and constructive images, and see in our mind's eye what we really want to happen. The power of thoughts is a mighty power that is always shaping our life. It does not matter what your circumstances are at the present moment. Think positively, expect only favourable results and situations, and

circumstances will change accordingly. It may take some time for the changes to take place, but eventually they do.

It can only be YOU who can make a difference to your life. Always use only positive words while thinking and while talking. Use words such as, 'I can', 'I am able', 'it is possible', 'it can be done'...Remember, if there has been failure, it just means that you have not yet succeeded or you should try still harder or your success is taking a longer route. Having a positive attitude is also reflected as a parameter for a healthy life. Research has found a strong correlation between optimistic thinking and good health.

Positive thinking can dissolve all failure and unhappiness to even create miracles. It is you who can bring about this change in yourself. As mentioned in Rhonda Byrne's 'The Secret', "We create our lives, with every thought every minute of every day. When you expect success and say "I can", you fill yourself with confidence and joy. Fill your mind with light, hope and feelings of strength, and soon your life will reflect these qualities." Thus with the shield of positive thinking around us...'Aal Izz Well' in our lives!