

Positive vs. Negative Thinking: Finding Mental Balance.

Imagine John is starting a small business on his own—a cozy local bakery, perhaps—using his personal savings and a little investment to get it off the ground. He's bootstrapping it solo, baking goods at home or in a rented space, aiming to grow it into something bigger over time. While setting up and serving his first customers, both negative and positive thoughts are running through his mind. And with them, waves of **stress and anxiety** rise and fall like an ocean.

Negative thoughts like: "My bakery idea isn't unique enough; maybe the nearby shops are more established and attract more customers than I can."

"What if no one buys my products and the business doesn't take off? What will happen?" "I've tried small ventures before that didn't work; maybe I'll make the same mistakes again." "In this local market, I have no real advantage over the competition."

These kinds of thoughts don't just stay in the mind—they stir up **worry, tension, and stress**.

But suddenly, John remembers: "What you think becomes real, or what you think manifests in your life." So, he tries to stay positive with thoughts like: "My business will succeed," "My business will succeed," "I'm sure this small bakery will grow big and thrive."

Now, John is stuck between positive and negative thoughts. And because of that clash, his **anxiety increases**—like two big waves crashing against each other in the ocean of his mind.

The world often says that if we think very positively—like believing positive thinking can make any dream come true, and the whole universe helps us achieve it—but this idea is completely misleading. While mindset can influence your actions and opportunities indirectly, it doesn't magically create success without effort.

When you keep telling yourself, "My business will succeed, my business will succeed," your confidence might go up for a short time. Slowly, you start believing the growth is guaranteed, and you begin building dreams on that belief.

For example: "Once my bakery picks up, I'll add more items, open a second location, and maybe even turn it into a chain." You start planning your life based on an outcome that hasn't even happened yet. This dream world builds in just seconds. But when your mind focuses only on the result—and not on the hard work needed to get it—unrealistic expectations start forming. And with these unrealistic expectations comes one sure thing: fear **and anxiety**.

Fearful thoughts start entering your mind: "What if the business flops? My dreams won't come true." "Where will I go? What will I do?" "My family is relying on this; what if I lose our limited savings?" This fear brings a flood of negative thoughts. So, the clash between positive and negative thinking keeps going, and because of it, **worry and stress take over like tidal waves**.

So, what's the solution?

The only solution is to see reality as it is and adopt realistic positive thinking. Now, what is this realistic positive thinking?

Listen.

The customers you're serving don't know you personally and don't care about your backstory or struggles. They only care about one thing: how your business can deliver value to them—through quality products, great service, or meeting a local need. They're looking for something reliable, affordable, and enjoyable that fits their daily lives.

So, realistic positive thinking means preparing for your small business in a practical and meaningful way: Research your local market—understand customer preferences, peak times, and what competitors offer but lack.

Refine your offerings, like perfecting recipes or sourcing affordable ingredients, and create a simple business plan with basic costs, pricing, and daily operations.

Identify your unique touch, such as homemade specialties or friendly service, and promote it through word-of-mouth, social media, or local flyers.

Build relationships with suppliers and early customers for feedback, and adjust based on what works to steadily grow.

When you prepare like this, your confidence shows on its own. It appears in your customer interactions, your product quality, and your overall energy. In the end, your preparation, execution, and adaptability will decide if your small business gains loyal customers and expands or if tweaks are needed.

And most importantly—your **stress and anxiety start settling down**. Because now you are not daydreaming; you are standing on real ground.

If things don't go as planned—for instance, if foot traffic is low or sales dip—instead of letting negative thoughts take over, analyze what went wrong.

Spot the gaps in your approach or offerings. Work on them, experiment with new ideas, and refine your setup.

Seek more opportunities, like pop-up events or online sales to reach beyond local limits. If you adopt this attitude of realistic positive thinking, nothing can stop you from turning your small, self-funded business into something big in any field.

And this is true realistic positive thinking, where you look at both sides of every situation and make practical plans. That means you're ready for steady growth and success, but also for setbacks and learning.

Your belief in your business's potential should be based on your market knowledge, skills, experience, and your ability to deliver excellence. That means your self-confidence should stand on the strong foundation of realistic positive thinking—not on the empty dreams of unrealistic positive thinking.

This belief should come from your inner strength—the strength built from your hard work, research, and preparation—not just from thinking "everything will work out on its own." When your belief is based on reality, you not only navigate small business challenges better, but you can face every entrepreneurial hurdle in life with confidence.

Let's now understand negative thinking.

As we talked before, thoughts are just thoughts—they are not positive or negative on their own. It's your interpretation that decides if a thought is positive or negative.

But why do you get so scared when negative thoughts come into your mind? Let me tell you. The reason is that you fear these negative thoughts might become real—that what you are thinking might actually happen. And this very fear creates unnecessary **stress and anxiety**.

But why do you fear to negative thoughts?

Because some famous books and influencers have put a wrong idea or blind belief in your mind: that what you think will happen in your life, that your thoughts will manifest and become reality.

"But does this really happen in real life?"

Let's break this wrong idea. Let's understand with a real-life example that thoughts do not become reality. Imagine in a poor country an orphan child sitting by the roadside. He hasn't eaten anything for the past two days. What would be in his mind? His thoughts would be only about food, right? That innocent child probably has no other thoughts except food.

Children have pure hearts; they are completely clean inside. Can anyone ask for something as pure as a child? But does that child get food just by thinking about it? No, right?

Every day, thousands of children die from hunger. They must have thought about food too, but did they get it? No.

This reality makes it clear that what we think does not happen.

Now, let's take another example—remember when you were a child, and your mom and dad went out for work or travel. What thoughts came to your mind then?

"What if they have an accident?"

"What if they don't come back?"

"Oh God, please bring them back safely."

Such thoughts come to every child's mind when their parents are away from home. But did anything happen? No, right. Your mom and dad came back safe. So it's clear that what we think does not affect others.

It only affects you when you get scared. But when you clearly see that thoughts are just thoughts—they're not positive or negative on their own—then no matter what thoughts pop up in your mind, don't fear them. Because they won't turn into reality. Once you grasp this truth—that thoughts don't gonna turn into reality—you begin living a life beyond positive and negative thoughts. It's a life rooted in real understanding, where you see things exactly as they are. When

you live this way, based on true understanding of life, you can plan smarter and shape your life around what's actually real.

In this kind of life, you build your days on solid ground. Whenever a thought comes up—whether it's worry about the future or a problem right now—you watch it calmly. Then, you create a wise plan. By mapping out solutions in your mind for every possible hurdle before it hits, no "negative" thought can stick around—it's wiped out by your preparation. You're ready for anything, so fears about the present or future can't control your mind anymore. And when fears can't control you, **stress and anxiety lose their power too.**

Now, let's understand negative memories.

Many times, some negative memories keep playing over and over in your mind—like a bad experience, a fight, a sad accident, or a mistake from the past that you can't even share with anyone.

You want to move forward in life, but that memory keeps replaying in your head. The more you try to run away from it, the more it comes back. You want to forget it, but the emotional pain connected to it won't leave you alone.

Whenever that memory pops up, the same feelings and sensations from that time get triggered again. Regret rises inside you like a wave, and you start asking yourself questions:

"Why did I do that?" "I wish I hadn't made that mistake!" You feel stuck, and you don't know how to move past those memories.

So, what's the solution? You think, "I'll forget it," but the more you try to forget those memories, the more they come back. If you want to run from them, the question is—where will you run to?

You can run from a person, but how do you run from memories that are inside you?

There's only one solution, and that is to understand that you are not separate from your memories.

For example, suppose you say, "I am a doctor." I ask, on what basis? You say—based on knowledge and experience. That means, based on memories. But if I remove all your memories—your medical knowledge, your language skills—everything, could you even say one word? No, right? You couldn't even tell your name.

Why? Because all your memories put together makes "who you are." What else is your reality? You are your memories. You are not separate from them.

When you deeply understand this, you don't need to do anything. That struggle—to get free from your negative memories—ends on its own.

What do you really want? You want all the bad memories to go away, but the good ones to stay. But the question is—are you ready to remove all your good memories too? No, right?

And even if you were ready, right now there's no way to remove all your memories. Maybe in the future, but not now.

And if you had no memories at all, what would be the difference between you and animals?

Without memories, you couldn't even speak.

This mind, these thoughts, these feelings, and these emotions—they are all connected to your memories.

If these memories—good or bad—were separate from me, maybe I could do something about them. But if these memories are "me," how can I remove "me"? It means I can't do anything—because I am those memories.

When you deeply understand this, your brain becomes like a tool for you. Now, you'll enjoy playing with it. You'll understand what really matters and what doesn't.

For example, if there's a real danger to your body—like someone attacks you—you'll take action. You'll fight or do what's needed to save yourself. But when you see that your brain is just playing memories—sometimes good, sometimes bad—you understand there's no need for action.

Why? Because the brain is doing what it's meant to do. It's completely normal.

Now, your brain becomes like a tool for you. People often live in a very limited way.

Take an example: Imagine a musical instrument with low notes and high notes. Now, who is a good musician?

The one who has mastered all the notes—low or high?

Or the one who only plays a few notes because they fear the high and low ones?

Your mind is like that too—a musical instrument where emotions get triggered—sometimes happy, sometimes sad. These emotions create different sensations in your body. But don't fear them. Your body has the capacity and ability to handle all of it.

The truth is, the bigger the sorrow a person experiences in life, the bigger their capacity to experience joy. They are two sides of the same coin.

But most of us limit our lives. We say, "I don't want sorrow in life." But what does that mean? It means you won't experience joy either. Because joy and sorrow are two sides of the same coin. Without both, life becomes boring and empty.

If you say, "I don't want sorrow," what you're really saying is, "I don't want memories or experiences that bring sorrow." But in trying to avoid sorrow, you miss out on the joys that would come in the same measure.

For example: If you connect with someone—connect with your whole heart. Get fully involved. What will happen? In that relationship, there will be sorrow and joy, both—so that relationship will be full & will feel complete.

When you are open to everything in life—ups or downs—then you truly live.

This doesn't mean you should purposely create bad memories or invite sorrow. But life will bring challenges, failures, and problems on its own. They will come into everyone's life.

When you are open to all of it, you stop fighting life. You explore life's possibilities and capabilities. And while doing that, you realize you are much stronger than you think.

Thank you for giving your time.