**The +Point; The Power of Positive Thinking for Everyone!**

**Jackson’s Awesome Extra Bit:**

Last year I built a house.

Well, it wasn’t an entire house as there were quite a few bits of the old one to start with and it wasn’t just last year but also a fair bit of the year before. But the point is I built pretty much a house and a garden. The garden wasn’t small, or indeed flat, and now consists of nine large individual levels.

Why you may ask did I do that or indeed why on earth, where it is by the way, am I telling you all this? Well, let me explain.

I had no real building experience. I mean I had decorated before, painted some walls, hung some wallpaper, and generally tidied up places but when it came to building, I mean real building with a cement mixer and manly power tools, nope, never done that. Neither had I ever built retaining walls, laid concrete slabs, rendered, tiled, fiddled with electrics, knocked out walls, or attempted a million and one other building-related activities.

If I had sat down with myself and said “Hey Jackson, fancy buying an old property, tearing it down, and rebuilding it along with making a nine-level garden” I may have laughed, shook my head, and walked away from myself which I’m not sure is entirely possible. So why on earth two years later am I tapping away on my laptop in my newly built garden office overlooking my many layered tropical gardens?

It's called in part, circumstance. An alignment of the stars as you will, where opportunity presents itself and I decided, almost on the spur of the moment, that whilst I didn’t have a clue about what I could or couldn’t build, I would just go for it. Irrespective of the task at hand I just knew that it would all work out fine and that this was an opportunity that I simply couldn’t ignore. Yes, it sounds a bit crazy, and if you knew exactly what I had included in my vision of the finished project you would know that it was totally crazy, but I did it anyway. Financially I also knew that I would need to do most of the work myself and not only that, it would mean that I would need to dedicate myself full-time to it, which meant no further income. Yikes! Career suicide. But I still did it anyway.

Whilst the circumstances perfectly aligned it also took ‘Motivation’. I always view motivation as a bit like getting up a big awkward and very slippery hill. You may well need all your strength to pull yourself up the slope and keep your footing in the process, but there is often also a need for a little push up the backside to get you and keep you on your way. These are internal motivators and external motivators. In my case, I had a lot of internal drivers including the excitement of designing and building something new, whilst, at the same time there were several external motivators, the COVID-19 pandemic being a major one of them.

Now I am a firm believer that everything is related, except for my Aunt Alison who there is no way on earth I’m ever related to! But outside of that, there is a case to be made for related emotional and physical drivers. Think of the term ‘Mind over Matter’. This concept reflects the idea that the power of your mind can influence your physical realities. It is actually a simple but profound principle: by shifting your thoughts, you can change your experience of the world around you. By changing your experience you alter the impact that you have on the world around you. Therefore if your mind wakes up one morning and says “Hey let's spend a whole chunk of cash and buy a house that you will basically need to rebuild and learn how to do it along the way” you gallop off to the estate agents and do just that.

I wonder when Elon thought, hey getting everyone out of fossil fuel-burning cars into electrical ones would be rather cool, or when he thought, you know what this planet just ain’t big enough for humanity, Mars looks great. Elon if you are reading this please get in touch and let me know.

So here is my point; motivation however it comes, internalized or from external sources can make a massive difference to our lives and those around us. In Elon’s case the whole of humanity. Motivation is the fundamental key to ‘doing’. Without it, we would all be sitting in the dark moaning that it's bloody cold in the cave at night.

Now in my last book, I explored the fundamental that is Positive Thinking. If by any chance you are not one of the billions who have read that font of knowledge then… shame on you! You need to toddle off now and repent for your sins by buying at least two copies and giving one to your friend. Of course, your friend would have probably already read it but it would be a very kind gesture anyway.

In that book, I go on at length about the power of harnessing your inner positivity and banishing beyond the outer rim of your ears the muffled screams of negative self-talk. By regaining control over your brain and your thoughts, even the rude ones, you will be able to change outcomes around you from depressing negatives to light and breezy positives. By getting good at detecting the early stages of negative self-talk you will be able to catch it before it muffles a single syllable and negate all those bad moments before they have had a chance to even materialize. This is good news because you will be preparing the fertile soil for motivation to take root and blossom almost instantly into the flowering action of ‘doing’. This is a linked emotional journey; like a nifty bit of driving to escape the M25 London Orbital and journey along the glorious and seldom-used M4 westbound. Both are motorways, but only one will get you anywhere.

So ‘doing’ is where we want to get to. And to get to ‘doing’ you need motivation and to help you to get motivated you need a positive mindset. It's all linked and it starts with you, me, them, and everyone!

Here’s a thought: How many times do you sit watching the news with your head firmly held in your hands, shaking in utter dismay as the news reader relates another war, famine, or plague in excited tones as they drool at the opportunity of another correspondent of the year award? You sit there telling yourself what you would have done to prevent the latest negative breaking news and wonder why no one in a position of power would have already thought about it and done it already. Now the reason could be that it's not what it seems, that the problem is far more difficult than it outwardly seems, or that it requires COP 56 before everyone is happy enough to reach a consensus and make a meaningful decision on something. Or it could be that there is simply not enough motivation held within the room to address the topic.

This could seem a wee bit cynical. But think about it. If you knew that your house would burn down next year if you didn't ‘do’ something then you would ‘do’ something. If you had a child and you knew that your child would not survive one more year unless you ‘do’ something then you would ‘do’ something. In fact, you would do the very thing that would save your child's life and that of your own. This is an example of external motivation.

Now this is an extreme scenario which I don't apologize for because equally we can be motivated to take action and make large-scale differences in our lives and that of others in equal measure and under equally difficult circumstances such as working together to secure global vaccine distribution or protecting whole species, ironically from ourselves.

Motivation is therefore a world game-changer!

Now if we start to focus more toward the micro level having the motivation to save a relationship, to grow a friendship, to strive for a business result, or to achieve growth in skillset, these could all be hugely significant to our individual lives. How many of us have let those occasions slip past and later regretted it, or worse still never thought about it again?

How many of this planet's population never feel motivated to achieve anything extraordinary at all? Now flip that 180 and ask yourself what the world would be like if we did feel motivated by positive actions that made a difference. Not just for ourselves and our families but for those around us and the world at large. If positive motivation was our go-to emotional state even just some of the time then would the world look different than it does today? Would your life look differently than it does today?

What I say is let's find out.

Let us change the course of human experience and its impacts on our lives and the world around us. Let us establish positive motivation as our go-to emotional response and by making this simple change within each of ourselves make a positive difference to 8.1Bn lives.

Let’s make positive motivation to drive the act of ‘doing’ a personal game-changer!

If you like that idea then join me on my latest quest in my new book (once I’ve written it)

Jackson James