

ATTITUDE

Your attitude—the emotional lens through which you interpret the world—shapes your reality. A positive, optimistic attitude improves brain function, resilience, and focus, all of which support manifestation. Science shows your attitude doesn't just reflect your life—it helps create it.

1. Optimism Enhances Goal Attainment

Optimists don't just wish—they expect good outcomes, which boosts persistence.

- Study: Carver & Scheier (1998) found that optimism improves goal pursuit by enhancing motivation, resilience, and emotional regulation.
- Result: A positive attitude helps you keep going—even when manifestation seems delayed.

2. Attitude Alters Emotional Vibration

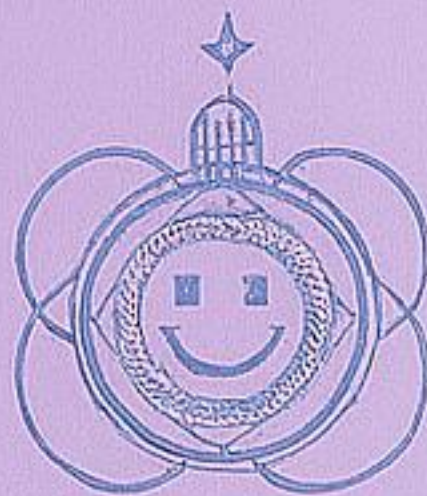
Positive attitudes create coherence between thoughts and feelings, which is the essence of aligned manifestation.

- Study: Fredrickson's Broaden-and-Build Theory (2001) shows that positive emotions expand your thinking, creativity, and problem-solving.
- Result: An uplifting attitude opens new possibilities, fueling inspired action.

3. Attitude Triggers the Placebo Effect

What you believe affects what your body and mind do—whether or not the stimulus is “real.”

- Study: Benedetti et al. (2005) demonstrated that belief alone can trigger real healing responses in the body.
- Result: A hopeful, expectant attitude can biologically and energetically support manifestation.



A SMILEY LIFE

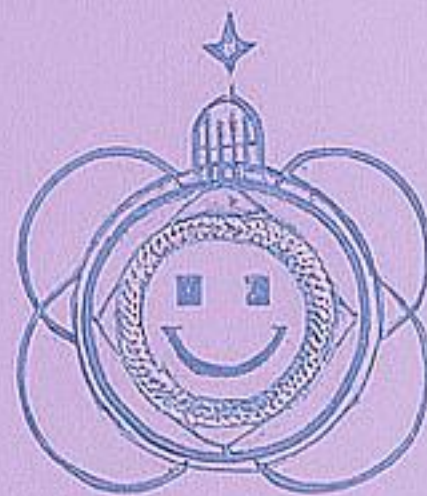
Positive Attitude & Success

A study by Segerstrom & Sephton (2010) followed law students. Those with more optimistic attitudes had stronger immune systems and performed better academically—even under stress.

- Why? Their mindset allowed better coping, persistence, and mental clarity.
- Result: Attitude shaped outcomes beyond effort alone.

Do you want to elevate your life but feel stuck or uncertain about your next step? Claim your complimentary 1-hour, one-on-one session with Dr. Esmaili today, and gain the personalized insights you need to move forward with confidence.

Schedule Here: <https://calendly.com/sesmaili-asmileylife>



A SMILEY LIFE