

Some people are content to go through life watching opportunities pass them by. They are the couch potatoes of life. Other people are proactive: They make plans and make things happen.

Of course, there's no guarantee that your plans will succeed. If your priority in life is to avoid being disappointed, it makes sense to lower your expectations... to not even let yourself wish for things to be different.

The tipping point is when you become more interested in the rewards of a successful endeavor, than scared by the potential for failure.

Positive thinking doesn't mean you live in a fantasy world where there is no risk of failure. To the contrary: You are very aware that, in real life, more ambitious goals entail more risks.

Positive thinking is a proactive choice: You decide to focus on the glass half full instead of the glass half empty, so that you have a chance to make your goals come true.