

STRATEGIES FOR CREATING AND MAINTAINING A

POSITIVE MINDSET

THROUGHOUT THE DAY

Successful people maintain a positive outlook in life no matter what is going on around them. They stay focused on what they want rather than what they don't want, and on the next action steps they need to take to get them closer to the fulfillment of their goals.

The more positive your thoughts are the happier, healthier and more rewarding your life will be.
The question is ...

HOW DO YOU DEVELOP THIS MINDSET?

Use these simple strategies to keep your vibration high and your mind focused on the positive as you move through your day.

MORNING PRACTICE:

If you can win the first hour of the day, you can win the day.

Get started by thinking of things you're grateful for before you get out of bed each morning. Write them down, if possible.

Don't watch or read the news or check social media for at least an hour. Instead, read something that inspires you... walk your dog... do yoga... only do things that uplift you.

As you go through your morning routine, focus on affirmative statements such as the following:

- I am filled with gratitude for another day on this earth.
- Whatever happens today will be a win-win situation.
- I am a magnet for the health, wealth and happiness I desire.

DAYTIME PRACTICES:

Tune In:

Take a few short breaks throughout the day to do the following:

Close your eyes and check in with the energy you're giving off. How would you rate your vibration on a scale from 1 to 10?

If your vibration is below 7, take three deep cleansing breaths. Then, sing, dance, take a walk—do things that makes you feel better.

STAY POSITIVE WHEN FACING A DIFFICULTY:

You cannot control all the events or circumstances you encounter as you go through your day. You can, however, choose how you respond to them and the meaning you attach to them.

When challenges arise, find a way to harvest the good. Here are five questions to ask yourself to help you do that and stay positive even amid the most difficult challenges.

What is my emotional state?

We're more likely to make poor choices when we're in the wrong emotional state.

Being able to recognize that we're not 'in our right mind' in the middle of a challenging situation allows us to stop, breathe, and get ourselves in a better emotional state, so we can make better decisions and respond in a more appropriate way.

When we make better decisions, we're more likely to feel better about our circumstances because it gives us a sense of empowerment.

Affirmative Statement: Rather than reacting, I stop, breathe, and respond to what is happening.

What is in my control?

When life feels overwhelming, assess your situation honestly, and look for those things you can control. This will help you to feel more centered, more focused, and assist you in being able to tackle the challenge.

Affirmative Statement: I have the knowledge to make the right choices for myself and everyone involved.

What is out my control?

You cannot control everything—whether it's other people, mother nature, or just plain bad timing.

Take time to look at your difficulty, identify the things that are out of your control, and then let them go. If you view the totality of your difficulty, it can be overwhelming. However, segregating what you can and cannot control makes the problem smaller, lowers your stress level, and often makes the path to the solution much clearer.

Affirmative Statement: I accept this situation as it exists, and I will work with it and through it to achieve a positive outcome.

What are my choices?

Make a list of all your options. Weigh the pros and cons. Creating a list of choices brings clarity to the path we need to take to overcome the difficulty. It also helps us realize that we actually have choices, which is a big thing when we feel powerless.

Affirmative Statement: I have all the information I need to solve this challenge.

What can I learn from this?

There is good (and a lesson) in every situation we experience. We must learn to look for the positive and let the rest go. If we can find even the smallest purpose in the trial we're facing, it gives it positive value. It also gives us an outcome to move towards, whether it's improved health, more stability in finances, or fixing a broken relationship.

Suffering without purpose leads to a feeling of helplessness. Asking yourself, "What can I learn from this?" turns the challenge into a problem to be solved.

Affirmative Statement: I have all the information I need to solve this challenge.

EVENING PRACTICE:

Each night, just before you go to bed, write (or recite) and finish the following statement:

I am so happy and grateful now that...

[List three positive things that happened that day]

[List at least three other things you're grateful for]