

The Power of Positive Thinking



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THE POWER OF POSITIVE THINKING: BENEFITS OF A POSITIVE MINDSET

The definition of positivity is “the practice of being or tendency to be positive or optimistic in attitude.” People who have a positive character are said to accept the world as it is, look for the silver lining when something unfortunate happens and spread messages of hope to others (Dr. Axe). Some benefits of positive thinking include:

1. Increases happiness
2. Buffers against negative effects of stress & anxiety
3. Reduces risk for anxiety disorders
4. Contributes to greater meaning of life
5. Increases your connection to others
6. Reinforces healthy habits

“People who are satisfied with life eventually have even more reason to be satisfied, because happiness leads to desirable outcomes at school and work, to fulfilling social relationships and even to good health and long life.” (Psychology Today)

TIPS/ EXERCISES TO BE MORE POSITIVE

1. Say Affirmations
2. Cultivate Gratitude
3. Practice Mindfulness
4. Feed And Strengthen Your Body
5. Chose A Positive Circle Of Friends/ Have a Role Model
6. Help Others
7. Create An Action Plan

1. SAY AFFIRMATIONS.

Check into your mindset and create affirmations to change any negative thoughts to positive statements. When you repeat affirmations often, and believe in them, you can start to make positive changes. They are a proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of “positive thought” neurons.

Do you have any negative self-talk that holding you back in life? Or, are your thoughts mainly positive thoughts and help you move forward with confidence? We are the only ones who can create our own experiences, and they all start with our thoughts. When we change our thoughts which can change the direction of our life. Start with the exercises on the next page.

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1. Write down a limited belief that you may have that is holding you back in life?

2. Is this belief true or accurate?

3. Does this thought/belief serve you?

4. How would your life be different if you didn't have that limiting belief or thought?

5. Reframe this limited belief to a positive affirmation. Say this three times a day.

6. Are there any other affirmations you would like to say daily to help you to live more positivity?
(see below for examples/options)

7. How will you implement putting affirmations into each day? For example, you may have them written on notecards and place them in your closet or bathroom to say every morning and evening. You may enter the affirmations on your phone, to say them when you have extra time.

See below for **examples of affirmations** that may transform your life in more positive and, more uplifting ways.

- I'm bringing a positive attitude to work every day.
- I am full of positive, loving energy.
- Others look up to me because of my positive attitude.
- Life loves me!
- I only speak positively about those in my world. Negativity has no part in my life.
- It's only a thought, and a thought can be changed.
- Every thought I think is creating my future.
- I am in the process of positive change.
- I trust the process of life.
- I adopt the mindset to praise myself.
- I am a magnet for success and good fortune.
- I am free of the fear of mistakes and failure. Errors and failure are helpful and necessary to achieve success. I act without fear of failure and feel happy.
- I believe in myself and trust in my abilities to succeed in all I do.
- I know enough; I am enough.
- Life is getting better all the time.
- I am fearless.
- I'm confident and comfortable.
- I choose to be happy.
- My work will be recognized in a positive way by my boss and colleagues.
- I am full of energy and joy.
- I abandon my old negative habits and take up new, more positive ones.
- I make positive choices for myself.

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Make the decision today and every day to change the old negative thought-patterns that block you from continuing to develop, grow, and reach you full potential. Cleanse the negative/toxic thoughts out of your mind, continue to add in positive affirmations and focus on gratitude every day, multiple times a day. We become what we believe!

Step out of your comfort zone and do not give any more power to negative thoughts. When you say your positive affirmations, take them to the next level to feel them, visualize them and become them.

2. CULTIVATE GRATITUDE.

Be grateful for everything you have while on your way to improving yourself. As you focus on the good, notice how you start to have more to be grateful for! If we focus on where we lack, we will probably never have enough. If we focus on what we have, abundance flows. See the good in every day. Continue to focus on the positive and celebrate every step you take toward changing your thoughts.

What are three things you are grateful for? Write this down every day. As you advance, try not to repeat anything from the day prior and you will look for blessings all day long.

3. PRACTICE MINDFULNESS.

Mindfulness requires a nonjudgmental acknowledgement and acceptance of our thoughts and feelings; acknowledging our feelings but not judging them.

Pay close attention to your breathing, especially when you're feeling intense emotions. Notice—really notice—what you're sensing in a given moment, the sights, sounds, and smells that ordinarily slip by without reaching your conscious awareness. Recognize that your thoughts and emotions are fleeting and do not define you, an insight that can free you from negative thought patterns. Tune into your body's physical sensations, from the water hitting your skin in the shower to the way your body rests in your office chair. Find "micro-moments" of mindfulness throughout the day to reset your focus and sense of purpose (Greater Good Science Center).

4. FEED AND STRENGTHEN YOUR BODY.

Get your body into the state for change with real nutrient-dense food and regular exercise. Train your body to be strong. Engaging in physical activity sends oxygen and nutrients to your body's cells, helping your body work more efficiently and boosting energy levels. A healthy body means you have a clear and more focused mind, which means you will complete tasks in less time.

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5. CHOSE A POSITIVE CIRCLE OF FRIENDS/ ROLE MODEL.

There will always be people talking or complaining about something. When it is an event or situation that you do not care about, getting caught up in it is draining. Instead, avoid office drama. Do not let yourself get distracted or tired from things that you do not care about. See the opportunity and not the obstacle, there is always a positive spin. Choose friends and role models that encourage positivity.

6. HELP OTHERS.

What can you do for others? I know in my life, I am here to give, to inspire others on the course of their true purpose, to not suffer and create the life they were here to live. In what ways do you help others?

7. CREATE AN ACTION PLAN.

Now that you have learned keys to changing your thoughts what is one thing that you'll commit to doing differently? Or what is your top takeaway from today's class? What roadblock may you encounter adding this goal to your life? What do you need to do to overcome that challenge and be successful?

FOLLOW-UP. Mark your calendar to remind yourself of your action plan/goals to increase your energy. Suggest 7 days, 14 days, 30 days and 45 day reminders.

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Summer 5-Day Cleanse: mindfulhealthwithlori.com/5daydetox (8/12-8/16/19)

Facebook Page: www.facebook.com/BMindfulHealth (Daily post of healthy inspiration)

Meet Up: www.meetup.com/Mindful-Health-Nutrition-Wellbeing/ "Wanna-be-Healthy South Metro"



Mindful Health. Nourishment for mind, body + soul.