

POSITIVE THINKING **for LIFE**



Ten Tips to Stay Positive

Tip 1: Get Positive Bling

Put pictures of your family, friends, nature, along with quotes that inspire you, everywhere! Put them on your fridge, your mirror, your car's visor, your cubicle. Carry them in your purse, wallet, or school bag. Use them as a constant reminder of what is good in your life. Having Positive Bling will help you shift your thoughts to positive ones.

Tip 2: Relax & Breathe

Often when we are stressed we breathe shallow breaths through our chest. Picture a nursery in a hospital. The healthy calm babies are sleeping, lying on their sides. Their little baby bellies are moving in & out with calm slow deep breaths. The stressed babies are crying, panicked, & shallow breathing through their chests. Next time you're feeling panicked breathe deep into your belly & relax.

Tip 3: Shift to Gratitude

Shift your attitude to gratitude whenever you start getting anxious or stressed. The negative thoughts are going to creep in. Don't fight them. Simply catch them & replace them with positive thoughts. Take deep breaths & state out loud something you're grateful for. With a little practice you will start shifting those negative condemning thoughts to grateful ones.

Tip 4: Don't Worry be Happy

Ever worry? and what happens 99% of the time? the stuff we worry about never happens! Next time you're worrying or feeling anxious ask yourself this. Is this thought I have a Fact or an Assumption? If it's an assumption, discard the thought immediately because it's irrelevant. If the thought is based on fact, ask yourself what can I do to be positive & constructive in this situation? Then do it. The rest is out of your control so don't worry be happy :)

Tip 5: Laugh at Yourself

Don't take yourself so seriously! Nobody else does. This idea that we are supposed to be perfect is ridiculous. Why add stress to your life by trying to live to an impossible standard. There are things that are going to happen in life that are out of your control. Instead of saying "This is just my luck!" and getting upset. Just laugh it off. Laughter is the best medicine.

Tip 6: Appreciate the Ordinary

The next time your computer freezes up & you want to take a sledge hammer to it, be thankful that you have a computer with all the information in the world at your finger tips. You used to have to go the library & page through the card catalog. Then if you we're lucky enough to actually find the book, you had to thumb through hundreds of pages, just to find one paragraph of information you needed! Appreciate the Ordinary in life.

Tip 7: Move it & Shake it

Feel good endorphins like serotonin are released anytime you exercise but it doesn't have to be a grueling workout at a gym. It can be dancing around the house while cooking. Anything that gets your heart pumping a little bit faster. Tap into your bliss by moving & shaking everywhere you go.

Tip 8: Practice Road Peace

A great way to practice positive thinking is when driving. Inevitably someone is going to cut you off. Instead of yelling & getting upset, practice your deep breathing & shift your attitude to gratitude. Maybe even thank that person for the adrenaline rush you got from having to slam on the brakes avoiding a collision. At least you won't need that extra cup of coffee to get through the morning :)

Tip 9: Remove Yourself from Situation

We are always our own worst critic. Therefore, whenever in a tough situation remove I & my from your vocabulary. For instance, if your boss yells at you don't say my boss yelled at me, say my friend's boss yelled at them because what would you tell your friend in that situation? Shake it off! Don't take it personal! That guys a jerk anyway! but when it's yourself your thoughts become critical. Remove yourself from the situation. It makes it less personal, less painful.

Tip 10: Hang out with Balcony People

You are the average of the people you spend the most time with. Avoid the basement people who are doom & gloom. Sucking the life out of you. Hang with balcony people who are looking up at the sun. Don't know any balcony people, volunteer. Volunteers all share a similar love of life & passion to help serve. That kind of energy is contagious!

*For more tips visit us at: SmallStepsApproach.com
or email us at: team@SmallStepsApproach.com*

These tips are not intended to diagnose or treat any known medical condition.
Always consult your physician before engaging in any type of life altering plan.