

Staying Positive in a Negative World

Ten Tips to Stay Positive



Tip #1: Unplug & Tune In

Our lives are filled with the constant bombardment of media. With news, advertising & social media pumping info into our heads non-stop, we never have a minute to think. That's why it's important now more than ever to unplug from our technology & tune in to our higher intuition by blocking out quiet time daily. Start by switching your phone to airplane mode for just 10 minutes daily.

Tip #2: Catch the Good

Catch the good you see in the world on paper by writing down things you are grateful for. Gratitude logging helps reprogram your brain to look for the good in the world and is also a great way to boost your happiness. Studies have shown that those who logged just 3 things a day increased their life satisfaction by 25%.

Tip #3: Get a Cue

Cue your mind to all the things you have been blessed with by posting pictures of your family, friends, nature, along with quotes that inspire you, everywhere. Put them on your fridge, mirror, car's visor, and cubicle. Carry them in your purse, wallet, or school bag. Use them as a constant reminder of what is good in your life. Using cues will help you shift your thoughts to positive ones.

Tip #4: Live with Virtue

When our actions are out of alignment with our Virtues (the things we value), it leads to discontent. A great resource to get in line with our Virtues is AuthenticHappiness.com. Visit the website & take their "V.I.A. Survey of Character Strengths" to identify your top virtues. Then simply find one way to put each into action everyday. With time you'll begin to live by your virtues, thus creating greater inner peace.

Tip #5: Just Move It

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

Tip #6: Write it Out

Have you ever had an argument and thought of the best comeback 10 minutes after the argument? If so, a great tool to stop dwelling on the negative event is to write it out. As you write, you're helping to clear space in your head. When you clear out the negative, it helps you to better focus on the only moment that truly matters - now.

Tip #7: Appreciate the Ordinary

Often we take things for granted. Next time you catch yourself sweating the small stuff, stop and perform an exercise called time machine. It goes like this: I appreciate 'X' because I remember when I didn't have 'X'. Jumping in your time machine and heading to a day when we didn't have cell phones, computers, or even air conditioning is a great way to stop sweating the small stuff & appreciate the ordinary.

Tip #8: 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 often the best medicine.

Tip #9: Say No! with a Bigger Yes!

In life, there are always going to be people who drag you down with their negative energy. This is when we need to set boundaries & say No! Say No to spending time with people who suck the life out of you & Yes to those who breathe life into you. A great way to help find those people who build you up is Volunteering. Check out VolunteerMatch.org today to get plugged in with positive, supportive, and like minded people who will bring out the best in you.

Tip #10: Build a Routine

The key to staying positive is all about practice. People who exude a positive aura have daily routines that help them maintain that glow. Ask yourself "What are the fundamental things that bring me joy?" and make sure to build them into your daily routine.

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For more tips visit us at: SmallStepsApproach.com

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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.