

11 Tips for Creating a...

POSITIVE MINDSET

PART 1: CREATE AN ENVIRONMENT THAT FOSTERS POSITIVITY

- Flood your living space with positive messages.**
 - **Post motivating & uplifting quotes, a personal mantra, and/or your goal in places where you will see them every day.** Some places to consider are your phone/computer backgrounds, on your mirror, in your workspace, in your bedroom, or in your vehicle.
 - **Declutter + Clean up.** Research shows that living and working in a messy environment is correlated with lower well-being.

- Take care of your body.** Do your best to fuel your body with nutritious foods, move your body regularly and get sufficient amounts of sleep each night.

- Audit your mental diet.**
 - **Minimize the amount of time and attention you give to the news.**
 - **Re-evaluate your social media use.** Unfollow anyone who makes you feel inadequate or self-deprecating. Fill your feed with people who inspire and motivate you. Don't use social media mindlessly or as the go-to cure for boredom. Set limits for what you think is an acceptable amount of time to spend on your social media platforms per day and stick to them.
 - **Consume content that motivates and educates you.** Books, podcasts, and YouTube videos are great sources of information that can help you see the next steps you need to take to create the lifestyle you desire.

- Re-assess your tribe.** Consider ending or minimizing the amount of time you give to relationships with people in your life who are toxic, negative, or who regularly engage in behaviors that aren't compatible with your goals and who you want to be. Seek to surround yourself with people who are positive, keep you accountable, and who you can learn from.

- Make time for self-care regularly.** Practicing self-care is essential to maintaining a positive mind so don't forget to make time for it daily, even if you only have 5 minutes.

PART 2: DEVELOP + PRACTICE AWARENESS

- Reframe negative thoughts in a positive light.** Start making a conscious effort to notice the way that you talk to yourself. Whenever you recognize that you are being negative, self-deprecating, or have a defeatist attitude, deliberately reframe the negative thought into a thought that is supportive, positive, and encouraging.

- ❑ **Stop worrying about things that you can't change.** When challenging or stressful situations arise, focus your attention and energy on what you can control like your level of preparation and your attitude or reaction and take action accordingly.
- ❑ **Start a daily gratitude practice.** Take time every day to write down or reflect on the things you have to be grateful for in your life. Download this free gratitude journal to get started.
- ❑ **Try meditation.** Set aside 5 – 20 minutes each day to meditate (I recommend using an app like Headspace or Calm) and reap the many benefits that come along with it, including reduced levels of anxiety and stress.
- ❑ **Use visualization to ditch limiting beliefs.** Set aside a few minutes each day to visualize yourself achieving a goal that you're working towards or living your dream life. How do you feel? Where are you? What are you doing? Who is with you? It's kind of like anti-worrying – instead of visualizing all of the things that could go WRONG, you're visualizing what it will look like when everything goes RIGHT.
- ❑ **Let go of grudges and FORGIVE.** Practicing forgiveness is crucial for your own well-being.
 - Acknowledge the good that came from the negative relationship or situation. Did you learn something from it? Are you stronger because of it? Did you have any good times or does the person have any positive qualities that you can still appreciate?
 - Come up with a plan for what to do when your mind starts to drift towards the rabbit hole of resentment.

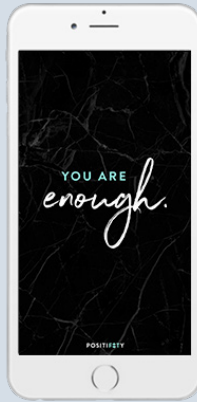
*Psst...

I HAVE A COUPLE OF GIFTS TO HELP YOU GET STARTED!

GRATITUDE JOURNAL



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