

MAKE SPACE FOR A POSITIVE MINDSET

The average person has an estimated 70,000 thoughts per day! Take a moment to think about the thoughts that run through your mind.

Are they positive and uplifting? "Today is going to be an amazing day!" Or negative and self-defeating? "I don't have the energy to get through today."

Positive thoughts boost your mood, spirit, and tend to generate even more positivity and happiness in your life. Conversely, negative thoughts can create a domino effect of destructive energy. Falling into a spiral of negativity tremendously affects how you live your life and how others perceive you.

Thankfully, you don't have to accept the negative internal chatter. Choose to switch to a happier perception and reach for better thoughts. It takes a little practice, but soon enough, your mind will gravitate to the brighter side of life. Practice cultivating a positive mindset with these tips.



LET GO OF:

Negative self-talk.

Bashing yourself on a daily basis takes a toll. When you hear the negative self-talk, say "cancel cancel," followed by a positive comment to condition yourself to speak positively.

Limiting beliefs.

Replace beliefs that just aren't serving you anymore and rework them to into self-supporting goals.

Comparing yourself to others.

While it's easy to want what others have, comparing yourself is like discarding everything you've got going for you at this very moment. Using someone else as a benchmark is healthier than comparing yourself, so distinguish between comparison and admiring. Shoot for admiration.

Resisting change.

If you want different results, do something different. Make change small. There's no need to create chaos in the name of change.

The need to always be right.

Would you rather be right or would you rather be happy?

MAKE SPACE FOR:

Gratitude.

Even when you think you don't have it all, focus on what you have today. Keep a gratitude journal and each day write down five thoughts you are grateful for.

Walking with energy and purpose.

Make a conscious effort to strut! Even when you're feeling down and discouraged, stand tall and smile! Posture affects your mood; make it work in your favor.

Surrounding yourself with like-minded, uplifting people.

People who are vibrating on the same positive frequency will keep you grounded, inspired, and connected to your greater life's purpose. They will help you believe in yourself, too.

Reflection.

Take time to reflect, meditate, or simply release all thoughts and emotions. Create stillness in a quiet space and get back to a neutral state of mind and body.

Doing good for someone else.

Focus your energy on lifting up someone else and notice how your spirits elevate as well.