

The Power of a Positive Mindset



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For



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What is my mindset now?

To understand the power of a positive mindset you have to know what your mindset currently is and what a positive mindset looks like.

Ask yourself - What is my attitude?

When you get up first thing in the morning are you full of energy? Are you happy and ready to tackle the day? Or are you like Eeyore with a gloomy cloud hanging over your head?



What do you say out loud?

Really pay attention to what comes out of your mouth.

What do you say to yourself?

Think about what you say to yourself on a regular basis!

Why you may not have a positive mindset ☹

Why are you thinking negatively?
You may be focusing on the fruits!



Look at the roots to see the underlying cause.

What are the roots?

The people around us.
Our upbringing.
Our current circumstances.

The Power behind the positive mindset! :0)

Why have a positive mindset?

Growing Yourself

| YOU | pRobL@MS |
|-----|----------|
| | 10 |
| | 9 |
| | 8 |
| | 7 |
| | 6 |
| | 5 |
| | 4 |
| | 3 |
| | 2 |
| | 1 |

“Positive thinking will let you do everything better than negative thinking will.”

- Zig Ziglar

How - Tools for Shifting your Attitude

“Be a student not a follower” - **Jim Rohn**

FIG - Forget Instant Gratification. You probably won't be able to change in one day, so **commit** to making these changes over time.

Affirmations - Declaring something to be true

Examples:

- Every day in every way, I get better, better and better
- People love to give me money

Do the Cross crawl while doing affirmations.

“We become what we think about” - **Earl Nightingale**

“A man is what he thinks about all day long” - **Ralph Waldo Emerson**

“No one can make you feel inferior without your consent.” - **Eleanor Roosevelt**

Make regular deposits in your “Bank Accounts”

Spiritual -

Prayer and meditation

Emotional -

Be a loving person, do loving things. Be Grateful

Physical -

exercise, eat well, get plenty of rest, maintain your health.

Mental -

Read positive books - “What to say when you talk to yourself” - **Shad Helmstetter**

Listen to positive audio programs - Tapes and CD's from **Nightingale-Conant**

Sign up for **Spiritual Cinema Circle** - watch good stuff!

Make a new start

Be aware of your thinking

Shift your thinking.

Put the good stuff in!



Wide Awake!

I am alive, alert, awake
joyous and enthusiastic about this day.
I fairly SIZZLE
with Zeal and enthusiasm
and spring forth with a Mighty Faith
to do the things
that ought to be done by me

RIGHT NOW!

- Paul Scheele - Learning Strategies Corporation

The 7 Day Challenge

1. Turn off the TV for 7 days, or just turn off the News, put down the newspapers, turn off talk radio, etc for a week.
2. Vow not to offer criticism (especially to yourself) do not gossip, whine, complain, and no victim talk!

“You are not the victim of circumstance, you are the architect of it.” - **Steve O'Sullivan**

3. Create your own Affirmations
4. Post them in prominent places throughout your home, and say them out loud, at least twice daily.
5. Make deposits in your “Bank Accounts” every day.