



## “Something to think about”

article 3

### “Stress-less, improve your energy and surround yourself with the positive”

Anyone Can Have Positive Energy!

#### Be deaf:

A bunch of very young kids arranged a running competition.

The goal was to reach the top of a very high hill. As the race began a large crowd had gathered around the bottom of the hill to see the little kid’s race.



No one in the crowd really believed that the little kids would reach the top of this huge hill.

You could start to hear people say things like as:

‘Oh, WAY too difficult!!

‘They’ll NEVER make it to the top, They’re too little’

‘Not a chance in hell that they will succeed.

The hill is too high!’

Little kids began to stop one by one...

The crowd continued to yell

‘It is too difficult!!! They’re too little to get up that hill!’ More kids got tired and gave up...But ONE kid continued higher and higher and higher...he ran and ran and achieved his goal and had got to the top

This little kid wouldn’t give up!

One kid asked his mother “ how did that kid succeed and find the strength to reach the top mum?”

It turned out...that little kid was DEAF!!!!

Negative self-talk and negative energy can affect you in many ways and cause you additional stress. Because of this, developing a more positive language is an important way to reduce stress in your life. You can help yourself maintain a positive frame of mind, with positive self-talk.

By surrounding yourself with positive energy in your life you can achieve much more and get what you came for! So what is it that you want out of your life, now and later?

You can get that by adding the following elements to your daily routine:

#### Positive People:

One of the most important ways you can get (and keep) positive energy in your life is with the company you keep. Do your friends uplift you, or bring you down? Are they critical, or complimentary? Ideal friendships provide support when you’re down, fun when you’re up, wisdom when you’re lost. Good friends can inspire you to reach greater heights, and see your strengths even when you don’t always. Pay attention to how your friends make you feel, and if they’re less than supportive, start putting your energy and time toward people who are better suited to be your friend.

#### Uplifting Music:

Listening to music that not only has a soothing melody, but an uplifting message, can be great for developing positive self-talk. Have you ever had a song ‘stuck in your head’ for a few hours or days, the lyrics repeating themselves in your mind? If those lyrics were positive and inspirational, that would be a good thing. It’s a much better mental soundtrack to have than a running stream of complaints, criticisms or self-limiting thoughts, or even songs that had more depressing or sad lyrics.

#### Inspirational Books:

Books on strength, personal power, enlightenment, or self-help can be good resources to help you change your outlook and the things you say to yourself. Rather than triggering habitual self-defeating thoughts, you can find yourself thinking of new can-do concepts when times get tough.

*“And my personal favourite and probably the most important”*

#### Practice Your Positive Language:

Positive affirmations can subtly but persuasively change your self-talk from negative to positive.

### A Better Way to Use Positive Language as an Energising Tool

Positive affirmations are a great tool to reprogram your subconscious mind from negative thinking to positive. The idea is to take positive statements of what you would like to see manifested, and repeat them so that they’re part of your way of thinking and seeing the world. It operates in the exact same way that negative talk and self-doubt does, but in a way that benefits you. Most people though don’t use a convincing tone when repeating statements. So, whether you have tried affirmations before or not, give them a go with an energised and convincing tone. . If you don’t believe it, is your brain going to. To come up with your own positive affirmations, use the following guidelines:

#### Look At Your Intentions:

Think about what you are trying to create in your life. This means, look at the end product, and the behaviours, attitudes and traits you would like to see yourself develop in order to get there. Would you like to feel more peace? Would you like to practice a healthier lifestyle and lifestyle habits? Would you like to be a more supportive friend? Start by writing in your journal or brainstorm to clarify what’s important to you. This will help you get to the heart of

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what you want to create in your life.

A good starting point is to imagine your ideal life, pretend a fairy has given you three wishes, or try to visualize what you were put on Earth to be..

## Create Statements:

Once you get an idea of what is important for you, put those things into a few simple statements that reflect the reality of what you want to create. Phrase the statements as if they are already true, not that you would like them to be true. For example, the affirmation, "I want to feel more peaceful", is not as effective as "I really feel more peaceful each day," This is because you are programming your subconscious mind to believe the statements, and that helps manifest them into reality. You're not trying to want something, you're trying to make it so.

## Be Sure they're Positive:

When making positive affirmations, be sure they're positive! This means saying what you want to see and experience, not what you don't want to see and experience. For example, sometimes your mind doesn't register the negative, and it just hears the concept, "stress", which is what you're trying to avoid.

## Make Them Realistic:

Your subconscious mind can benefit from positive affirmations that stretch and expand your perspective, but if you push things too far, your 'inner judge' steps in and negates the affirmations. Be sure that you're making your affirmations realistic, but hopeful as well, and positive affirmations will work for you.

## Some Examples:

Following are some affirmations designed to strengthen you in your life;



- CHALLENGES BRING OPPORTUNITIES
- I CAN HANDLE WHATEVER COMES
- I'M GETTING MUCH BETTER AT CREATING BALANCE
- I LOVE BEING SUPPORTIVE
- I CAN ACCOMPLISH ANYTHING
- THIS WILL PASS AND I'LL HAVE LEARNED
- MY WORDS CREATE MY REALITY
- TODAY IS MY CHOICE
- I AM IN CHARGE OF MY LIFE
- I HAVE MANY OPTIONS
- I CAN CREATE POSITIVE CHANGE
- MY HAPPINESS COMES FROM WITHIN
- I CAN STAY CALM UNDER PRESSURE
- I CHOOSE HAPPINESS
- I CHOOSE HEALTH
- I LOVE BEING ME

Once you've introduced positive affirmations into your life:

## Watch Your Tone:

If you use a monotone, you'll get a flat result. If you have doubt in your voice, you get dubious results. If your tone is not convincing ... need I say more. Say it like it's so! Use a positive and energized tone.

## Repetition:

Probably the most popular way to harness the power of affirmations is to simply repeat them to yourself on a regular basis. Repeating them mentally several times in the morning or evening can be effective; repeating them aloud is even more effective because you hear them more clearly that way.

## Post-Its:

Put them on post-it's that you place around your house (on the fridge, on the bathroom mirror, and other places you'll likely see them) to give yourself positive messages throughout the day. This technique can be very powerful and effective.

## Highly Effective People Take Charge

- They are proactive. (They take initiative and are responsible for their outcome).
- They begin with an end in mind. (They develop a mental image of how their life will turn out).
- They put first things first. (They use discipline to put off today's pleasures for greater pleasures in the future).
- They think win/win. (There's plenty for all).
- They seek first to understand, then to be understood. (They listen more, speak less).
- They are always sharpening their saw. Improving physically, mentally, emotionally and spiritually, Synergize. (They understand the whole is greater than a part).
- They are part of the solution, not the problem.

See you in the next issue of "something to think about"

