

The Positive Times

February 2021

PUTTING POSITIVE THINKING INTO ACTION!

You can learn to turn negative thinking into positive thinking by following a simple process. Although it is simple - it does take time and practice. Realize that you are changing a process that you may have had for a long time. You're actually creating a new habit, and experts tell us that it can take three weeks to make a permanent change to a habit.

The list below is a simple discussion about a few ways to think and behave in a more positive and optimistic way:

- **Identify areas to change.** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you usually think negatively about, whether it's work, your daily commute or a relationship. You can start small by focusing on one area to approach in a more positive way.
- **Surround yourself with positive people.** Negative Nellies can suck the life out of you in a heartbeat. Put up your walls of defense when you have to deal with negative people and don't allow them to suck the positive nature out of your day. Don't give them that luxury. Make sure you surround yourself with positive people who are supportive -



NO NEGATIVE THOUGHTS ALLOWED!

people that you can depend on to give helpful advice and feedback.

- **Follow a healthy lifestyle.** First and foremost stop the excuses. "I'm too tired...It's too early to get up...I have to finish this project first..." Set a goal to exercise for about 30 minutes on most days of the week. You can also break it up into 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. It gets the endorphins moving along with the blood flow. Follow a healthy diet to fuel your mind and body. Take the supplements that your body needs on a

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Identifying Negative Thinking

If you're not sure if your self-talk is positive or negative, here are a few things to consider about some of the common forms of negative self-talk:

- **Filtering.** You magnify the negative aspects of a situation and filter out all of the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented



for doing a speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.

- **Personal Blame.** When something bad happens, you automatically blame yourself. For example, someone else comes out of their lane and you hit them. "If only I had just slowed down, or left five minutes

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regular basis. Learn techniques to help you manage stress.

- **Check how you're doing.** We all know the work environment can become a cess pool for negative thoughts. The stresses of the day to day work routine of dealing with others and their own personal opinions and challenges, can put a damper on your day. Stop and evaluate what you're thinking periodically through out the day. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humor.** Give yourself permission to smile or laugh, especially during difficult times. Try to think of something funny that you witnessed or were a part of. Try and remember that funny scene from your favorite sitcom or movie. Seek a little humor in everyday happenings. When you can laugh at life, you feel less stressed.
- **Practice, Practice, Practice.** Practice positive self-talk by following one simple rule: Don't say anything negative to yourself that you wouldn't say to anyone else. Be encouraging and upbeat with yourself. If a negative thought enters your mind, evaluate it rationally and respond with solutions of what focusing on what is good about you. Think about things you're thankful for in your life: your health, your family, your friends, your pet, the beauty of nature, the promotion you just received - or might receive, the fact that you are still alive.

When your state of mind is generally optimistic, you're better able to handle everyday stress in a more constructive way. That ability may contribute to the widely observed health benefits of positive thinking.

*Brian Hazelgren is a Best-Selling Author, Podcast Host, and CEO. This excerpt is from his book **Mastering Positive Thinking**. To learn more about this training system please visit www.positific.com.*

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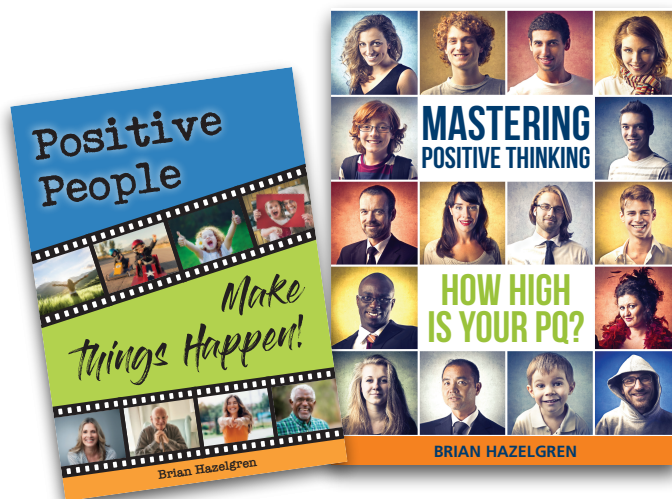
IDENTIFYING NEGATIVE THINKING

earlier this wouldn't have happened.” Or, you hear that a night out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.

- **Catastrophizing.** You automatically anticipate the worst possible outcome. If your car has an issue you think that it will cost thousands to fix it. Or, the drive-through fast food place gets your order wrong and you automatically think that the rest of your day will be a disaster.
- **Polarizing.** You see things only as either good or bad. There is no middle ground. You feel that you have to be perfect or you're a total failure. And, if others don't measure up to perfection you judge them in a harsh way as if they are not measuring up to your standards.

Instead of saying “It's too complicated” turn that negative thought into something like “I'll tackle it from a different angle.” Change up “I'm not going to get any better at this” to “I'll give it another try!”

These Attributes of positive thinking are covered in great detail in Brian Hazelgren's latest training system “Mastering Positive Thinking.” You can learn more about Brian's award-winning training system by visiting www.positific.com.



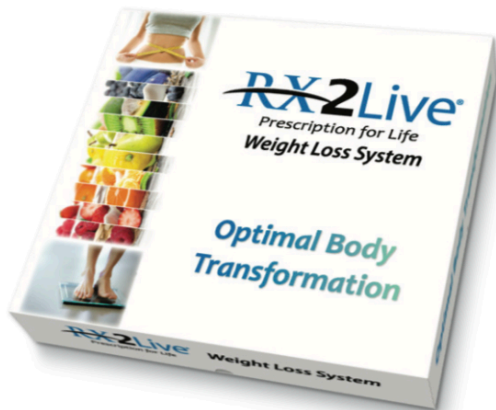
**HOW HIGH IS YOUR
POSITIVE
+ QUOTIENT?**

HOT HEALTH TIP

The USA has become the least healthy of any modern nation in the world. The number of overweight people has quadrupled in the past generation. Diabetes and other dangerous diseases are on the rise. Over two-thirds of the adult population of the USA have a desire to lose weight. Many people have become discouraged, given up, and believe there is no hope. Well today there is hope!

With the combination of advanced supplements, proper diet, little to no exercise, and the right mindset create a winning combination to reach your optimal weight. This proprietary weight loss system strategically triggers the brain to release and burn stored fat in your body, curbing your appetite so you are less likely to overeat.

Most people following this system lose 8 to 15 pounds during the first 10 days and feel great. Clothes become loose, not your skin, because you are losing fat and excess water weight, not muscle mass. Within two to three weeks you will see and feel a big difference. You will look and feel great. Your family and friends will notice the difference!



- Utilize science and modern technology to properly control your weight for life.
- Achieve hormonal balance to reduce unwanted fat and improve vitality.
- Understanding the most important foods you can eat and how they can affect your weight loss and health.
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Key Data Points

HAVE A DETERMINED HEART

Sometimes we don't have all the parts and pieces perfectly lined up or at our disposal, *but keep your focus and do not become deterred by these obstacles.* You may have to rely on others to help you accomplish your dreams, but that is perfectly ok. There may be incredible obstacles that are in your way, but there are always ways around those obstacles.

Too many distractions creep in and rob us of achieving our full potential. The poor economy... slow or no sales...the competition launching a new product...employee relations and human resource challenges...internal strife with managers...and a thousand other things. The key is to remain focused on who you are – and what you do best, and how your talents and skills are of value to your company – whether you are an employee, a leader, or an owner – you matter!

When you are truly committed to something, distractions can be managed and even ignored to

Fast Fact: There may be mountains or other obstacles in your path, but when you do everything in your power to move those mountains, and keep an eye on your vision, the journey will be much more rewarding.

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Healthy Food

When it comes to making a healthy lifestyle change, one of the most common changes people want to commit to, is maintaining a healthy weight. However, once the decision has been made to work toward a healthier lifestyle, it is important to know that it is not only your actions that you are working on changing. You are also changing your mindset. A positive change cannot be made with a negative mindset.

Listed below are tips from **Maggie Gough, RD** and **WebMD** on how to maintain a positive relationship with food when making a lifestyle change:

1. Do not think about food as the enemy to your goals. Instead, remember that food is your source of energy, it is what keeps you alive. This thought process will make smarter food choices easier and less confusing.
2. Make balanced, healthy meals a habit. Do not skip meals, especially breakfast, or tell yourself that not eating will help you reach your goals. Your body needs regular meals to perform at it's best, both mentally and physically.
3. Redirect your negative thoughts. For example, instead of saying "I need to stop eating or I will never loose weight," try saying "I feel full, fulfilled, and satisfied by that meal." You will be surprised at what an impact a small, positive thought can make.
4. Enjoy the little moments of indulgence instead of criticizing them. There will always be get-togethers, celebrations, or events with less than healthy choices. Grab the smallest plate to help keep your portion sizes smaller, and allow yourself to indulge. Don't think about the

healthier choice you could have made, just eat slowly and truly enjoy the moment. This not only reenforces a positive relationship with food, but you are also practicing moderation and self control.

5. Remember that you are more than the number on the scale. Instead of watching the numbers, focus on how your lifestyle changes make you feel. When you realize that you wake up feeling refreshed, you have more energy throughout the day, and you feel more confident, you will be happier and more motivated to continue. (Source: www.healthdesigns.net)

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



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