

The Positive Times™

THE ART OF POSITIVE THINKING PARTS 3&4

Vol 1 Iss 6

The Art of Positive Thinking Part 3

Well, we have made it through 7 elements of *The Art of Positive Exercising* and now we have a solid foundation to dive into the next topic - Meditate. Before you roll your eyes and say something about how lame Meditating is, hold on. It only takes seven minutes a day to get re-energized and enthused about life. Read on and enjoy this next section!

8. **Meditate.** Seven minutes of meditation a day has been shown to improve mood, decrease stress and improve sleep. Regular meditators are more calm, have greater self-awareness, are happier people, and have better focus. We may mock those who spend a few minutes each day meditating, but there is a great value that comes from spending a few minutes each day thinking about positive things in your life. Clarity of vision and purpose can come into your life when you meditate.

Write down a short list of things to meditate about, then meditate about those things. You may even come up with a solution to that problem or challenge that you have been trying to find a solution to. To help get you started, here is a list of things that you can meditate about:



The Present Moment. Instead of focusing on something specific externally, simply focus your attention on being in the present moment. Experience what's happening right now, moment by moment. Pay attention to the sights, smells, sounds - and loud noises.

Emotions. Focus on your emotions. What are you feeling? What are the layers and subtleties to those emotions? Try to trace an emotion back to its root cause. What triggered that emotion? There are most likely emotional triggers at play that you should also consider like touch, smell, what you see, maybe even what you tasted. Simply observe your emotional triggers with curiosity.

Breathing. This is the most common type of meditation. Focus your attention on your breathing, and simply bring it back to deep breathing whenever your mind wanders.

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The Art of Positive Thinking Part 4

You are doing great! Thanks for sticking with it and going through the first 8 elements of *The Art of Positive Exercising*. Now we are in the home stretch, and down to the final two sections.

As we wrap up this area of Positive Exercising, keep thinking about how you are not only learning some powerful principles, but also positioning yourself to make a difference in the lives of many other people. This is very exciting and I hope you

have enjoyed - and will yet enjoy what the next two areas uncover for you!

The next two sections (#9 and #10) will wrap up our discussion about The Art of Positive Exercising. But don't stop there! You still need to take some time and create an Action Plan of what you want to accomplish, or some of the things you have learned.

9. **Get more sleep.** Have you ever noticed how cranky you feel the next day when you only get

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Body Scan. Pay attention to the physical sensations and movements in your body. Start from the top of your head and slowly move your attention down. Move your arms, hands, legs and feet. Make faces, curl your toes, straighten your back. Start from the top and go to the bottom, then reverse it and go back up to your head.

Compassion. Focus on your own sense of compassion - on your care and concern for others around you. Allow this feeling to grow and expand and include others. Also spend some time thinking about *The Suffering of Others*. Becoming aware of the pain of those around you can be a potent way to develop more compassion. Think of people around you who are in pain – those you know personally, or people you see suffering who you don't know personally. What can you do to help them - and “nothing” is not the answer you are allowed to give. Then think about devising a plan to help them.

Forgiveness. Bring to mind a person who has wronged you, or whom you perceive to have wronged you. Allow yourself to feel and experience all the emotions associated with that experience, then slowly let them go. Choose to forgive and to live.

Your Core Values. Explore what your core values are. What do you really care about? What do you stand for? How are those core values present right now? Are you living up to the core values that you that ought you stood for? What changes can you make?

Happiness. Focus your attention on your own sense of happiness. How happy are you now? What does it feel like to put your attention on your happiness? How could you increase your sense of happiness in your life? What changes could you make to bring more happiness into your life? Your own happiness matters the most - if you aren't happy then it will be pretty tough to pass that along to others. So, the first goal is to make certain that you feel good about and happy with who you are.

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4-6 hours of sleep? Most every sleep study out there says we need to get 8 hours of sleep each night. Honestly it's different for everyone, and 8 hours might not be enough for teenagers, versus 6-7 hours is just right for many people. Too many times in my life I have tried to run on 4-5 hours of sleep, and it just isn't enough. It's like running on a half tank of gas and hoping it will stretch to a full tank...not going to happen! In order to be at the top of your game and keep up a positive attitude get 7-8 hours of sleep each night, and by all means take a 15 minute power nap during the day when time allows.

Write down a few goals that you can make and commit to that will help you sleep better at night. Things like going to bed one hour earlier; abstaining from caffeine three hours before you sleep; no electronics one hour before bed; cutting off all liquids by 8:00pm, etc. Make your list and then make the commitment to live by what you come up with!

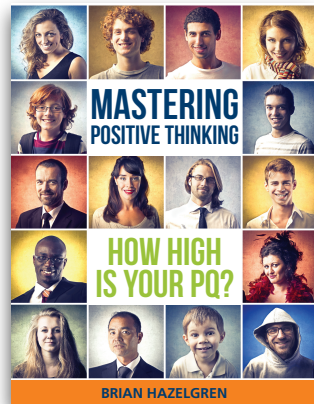
10. Pay Attention on how you respond. We all experience challenges and trials in our lives - it's part of the human experience. However, you don't have to let bad news and negativity ruin your day. You have a choice about where you focus your attention on and how you choose to respond to any situation. Attention could be described as a spotlight that focuses your awareness on a particular facet of your environment - or the thoughts in your head.

Have fun going through the different steps of Positive Exercising! You will see a noticeable difference as you reflect on what you learn and how to apply things in to your own positive life!

This Four-Part series comes from Brian Hazelgren's book ***Mastering Positive Thinking - 8 Lifestyles of Positive People***, which is also available as an entire training system. You can pick up the entire series at www.positific.com and don't forget to mention the code AOE40 to get 40% off the regular price.

HOT HEALTH TIP

Did you know that a positive mental attitude is just what the doctor ordered? Literally - and a positive attitude will not only make you more likable and the person others want to interact with, it will help increase your mood, and reduce your stress, which improves your health. In Brian Hazelgren's book *Mastering Positive Thinking - 8 Lifestyles of Positive People*, he explains the research behind the findings. "Focus your attention on your own sense of happiness. Your own happiness matters the most - if you aren't happy then it will be pretty tough to pass that along to others. So, the first goal is to make certain that you feel good about and happy with who you are. Psychology experts point out that as you develop more positive attributes, it will help you feel better about you and your surroundings. You can learn more about Brian's books on being positive and his training systems at www.positific.com



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8 Lifestyles of Positive People™

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|------------------------------|---------------------------------|
| 1. Be a Positive Person | 5. Block Negative Influencers |
| 2. Have a Wakeup Strategy | 6. Learn From Inspiring Stories |
| 3. Stay Focused | 7. Apply Positive Patterns |
| 4. Be Positive, Live Healthy | 8. Increase Your PQ |

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Key Data Points

Discover the same principles that have led the world's foremost business leaders to the success they've achieved. These principles include:

- Defining the negative patterns in your life and changing them to positive patterns
- Challenging negative thinking and understand how to measure your/ your team's positive quotient (PQ)
- Learning how to make an amazing transformation to a positive thinker
- Achieving the goals your efforts should be focused on using daily and weekly planning

Learning the 8 Lifestyles of Positive People™ will not only help you better manage yourself - but also assist you to lead others and unleash team potential.



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SETTING DAILY GOALS

Think about some of your most important goals. What comes up when you think of them? Do you feel excited? Pressured? Do they feel challenging - or maybe need some work to accomplish a higher path? Have your goals changed over the years and do the same things matter to you now? What goals have you reached and checked off? One Key thing to remember: don't get overwhelmed with your goals. Use them as a motivation to do better and achieve more in your life, but don't use them to bang yourself over the head if you don't achieve them all.

Define what you want - Take a few minutes and write down what you want to achieve. Better relationships, more money, more connections, more wins, build a legacy. Put a little thought into this and don't put any limits on what you want. This is more of the strategy part, and the details, or the tactics will come later.

Write down what you will do - Create and follow your Strategies that work for you and your dreams. I'm a big believer in writing down goals and wholeheartedly buy into the idea of "A goal not written is only a wish..." You should write down your goals with timelines of when you will achieve them, and what you will need in order to help you get there.

Take Action! - Remember these three words: *Thoughts become Actions*. If you can conceive it, then you can achieve it when you have the right attitude! Don't wait, don't hesitate, don't complicate it...ACT! Use the sheet that is already created for you and contained in Mastering Positive Thinking. It

has four areas for you to write down what your goals are for the day and for the week.



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