

The Positive Times

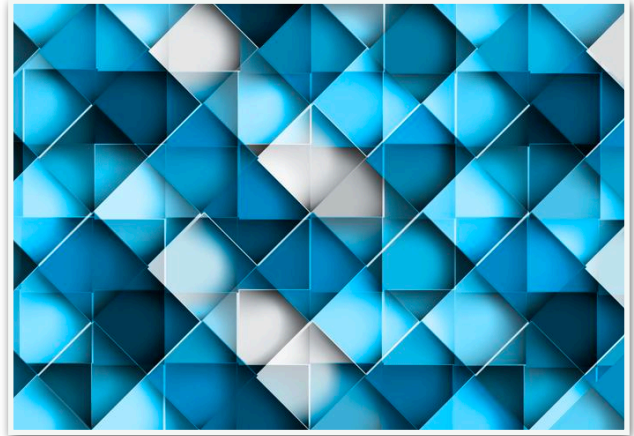
April 2021

ESTABLISHING POSITIVE PATTERNS

Have you ever stopped to think about all of the patterns that you follow every day? You may wake up at the same time, do the same routine every morning to get your day started and follow certain patterns getting ready. You may drive to work the same way, or drop your kids off on the same route, and go throughout your day following the same patterns. You do things in patterns at work to accomplish your task, then head home and follow a similar pattern by listening to an audiobook, or call someone, or pick up food. That's all well and good, but that is not what this article is about. We are going to discuss the Positive Patterns you have in your life and the Negative Patterns that you should consider breaking.

There is a power behind setting positive patterns that can't be denied! What I would like you to do is answer this question: *"Do The Patterns You Are Following Get You To Where You Want To Be?"* Are you where you thought would be today? Are you living the life you dreamed of and have worked for? If the answer is 'No' then it's time to reevaluate the patterns you are following in your life.

There are patterns in your daily routine that are drawing you like a magnet to the outcomes you



ESTABLISH PATTERNS LIKE ARTWORK

have today. Sometimes these patterns are called Models, Blueprints, Systems, Templates, or Stencils. Artists use these things to create a beautiful painting, sculpture, structure or design.

Sometimes those original patterns take on a different shape as the object begins to move, but what makes it unique is the pattern that is established in the beginning. The patterns we are looking for are those that develop a **pattern of success**. The patterns of destruction can be left to those who want to be miserable. When our resources are put towards *patterns of success*, magic happens!

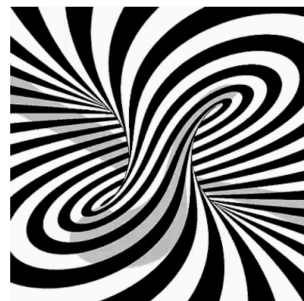
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Move Towards Your Ultimate Goals

As we pay attention to the daily patterns of our life, are they leading in a direction where we want to ultimately end up?

What patterns do we take for granted that either help or hurt us?

We just have to find the right patterns that will make it easier to achieve our goals... What is the pattern you follow every day?



- Does it lead you to an end result that you will be happy and proud of?

•If the answer is "No" then it's time to re-evaluate your patterns.

•It might be time to come up with a better solution to help you move forward in life...

There are both Positive Patterns and Negative Patterns. Your job is to learn

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ESTABLISHING POSITIVE PATTERNS

So, again - *Do the patterns you are following get you where you want to be?* If the answer is yes, then congratulations! You are part of the 1% that have figured it out. But I want to talk to the 99% whose patterns are not getting them to where they truly want to be. To help illustrate this a bit better, let's take a look at other types of patterns, models, and systems that we are all familiar with.

There are three elements to patterns that you will want to know about...

- Repeatable - the goal is to get to a repeatable process that turns into a predictable outcome.
- Forming Habits - Patterns help us to form habits...pay attention to form the habits that will get you to where you want to be. Who you are today is based on the patterns you have followed up to this point.
- Changes - What changes are needed to get you where you want to be? Sometimes the roadblocks and detours of life take us off our original course. Changes may be required to help us get to where we want to be.

A good question to ask yourself is **'What are my daily patterns?'** If you want more out of life then do something about it, and take action.

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.

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!

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.positif.com.

MOVE TOWARDS YOUR ULTIMATE GOALS...

how to spot what pattern you're following in your life. If it's a Positive Pattern and leading you in a direction that gets you what you want, then keep improving on this. If it's a Negative Pattern, then by all means recognize it, change it, pull it out of your daily routine and move forward.

Positive Patterns

- Passion for what you do
- Follow a System
- Excited about Results
- A Positive ROI (Return on Investment)

Negative Patterns

- Making Excuses
- Listening to the Negative Voices
- Procrastination
- Blaming Everyone Else

Since you know the difference of Positive and Negative patterns, there are a few other elements that you will want to continue building upon. Basically you stick with patterns of success like:

- Follow a System That has Been Proven to Work
- Learn From Others and Use What Works
- Incorporate New Ideas
- Become Adaptable - Flexibility and Versatility Are So Important
- Write Down and Study What Works
- Liven Things Up!
- Be Creative and Innovative to Allow the Ideas to Flow
- Emulate Traits of Leaders
- Create and Maintain a Positive Culture
- Master the Art of Positive Thinking
- Have Fun...Do Good...Enjoy Winning!
- You Have to Want It!
- Show Others How to Value Your Uniqueness

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.positif.com.

HOT HEALTH TIP

You aren't what you eat...you ARE what you absorb! When it comes to CBD, absorption is everything.

CBD is naturally an oil, and you know what oils do in water, right? They don't mix. The human body, in contrast to CBD, is mostly made of water. As a result, **ordinary CBD oil and the human body—quite literally—don't mix well.**

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Key Data Points

Athletes follow patterns when they practice their trade or specialty. The patterns they follow combined with their talents can bring them to the top of their game and ultimately help them to win championships. The athlete that does not establish patterns of success will only be mediocre and unfulfilled.

A *Blueprint* is a systematic pattern that contractors follow to construct the perfect house, building, or structure.

Surgeons follow a pattern during surgery to get to a successful patient outcome and allow the body to take over at some point and heal itself.

Woodworkers follow a pattern used as a model so they don't have to start over from scratch when they are creating the same object.

Pilots follow the same flight pattern. Sometimes it gets changed based on what the weather looks like, but in most cases the same flight pattern exists and is followed.

Anyone interested in *sewing*? My wife reminded me that thousands of patterns exist that the seamstress follows to create the perfect dress, blouse, skirt, pants, or whatever the pattern is.



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POSITIVE ENERGY

WHAT DO YOU REALLY WANT OUT OF LIFE...?

Write down what you will do - Create and follow your Strategies that work for you and your dreams. Become a big believer in writing down your 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.

You may think you will remember everything there is to know about your goals, and that’s great if you do. But if you're like 99.9% of the rest of us, you need a reminder now and then about what it is you are working towards.

All of this creates a positive energy that gets you to a level of what elite athletes experience in their career when they refer to being “in the zone” - they basically become unstoppable and their confidence takes them to new heights.

Positive energy breeds more positive energy. There is no doubt about it when you hang around positive



people, you pick up on that, and it feels safer, and like you can accomplish almost anything that is placed before you.

As a leader, others will want to be led by someone who has enough confidence to get the job done. People follow leaders who have a positive attitude because it is much harder to give up when times get tough. Others will feel safe and confident that their leader won’t cave, and can see through the darkness to get them to the “promised land.”

Even more so, when leaders communicate effectively their team will have a chance to weigh out the possibilities and buy into what the vision is. That communication foundation that a leader sets forth is what people will feel is a solid plan of action and they will get behind it. It all begins with a positive attitude and a positive demeanor.

If you’re a leader then write down what you want to accomplish. If you’re a team member then write down what you will do to get your team to the finish line and find success. In both scenarios, taking a few minutes to write down your goals and objectives, will be time well spent. You will have your own game plan to follow.

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

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