

The Positive Times

November 2020

HAPPINESS IS A CHOICE

The Decision to be happy can liberate you with the infinite joy to help you more fully enjoy each moment of every day. We make hundreds if not thousands of decisions each day, so our very lives are fashioned by choice. If that is the case - then our choices make us - or what we truly have become.

Choosing to be happy is the end result of certain thoughts and activities, which actually bring about a chemical reaction in the body. This action results in a euphoria, which may be elusive to many, but can be totally under your control. Yes, **you have the control of whether or not you are happy.**

One very simple but highly effective little exercise is to ***greet each day with laughter.*** Laughter is an outward expression of enthusiasm, and enthusiasm is what moves the world in a positive direction. Enthusiastic people are capable of rallying others around them - sometimes simply based on their enthusiasm alone.

An enthusiastic person does not need to hold several degrees...they don't need to be the smartest or wealthiest person in the room...they just need to carry a confidence and excitement about them that others will pick up on and follow.

If you make a conscious effort to laugh throughout the day you will notice two things taking place in



CHOOSE TO BE HAPPY!

your life: 1) You'll feel better, and 2) You'll start to feel more positive in your life because you are building a habit. Try laughing for 7 seconds and notice how much better you feel.

When you choose to be happy, you smile at people, and say "hello" and "thank you" more often. People will be drawn to you like a moth to a flame - and they won't be able to resist you. It's been said the world belongs to those who are enthusiastic, and people will follow you anywhere!

This is the type of person that others like to hang around and spend time with. Some people have a certain "calling card" like being funny, smart, witty, athletic, compassionate, attractive. What if your

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We Need More Positivity in Our Lives

Positive people have found that life does not always need to be perfect, and that there most likely will be opposition in all things. There will always be opposing forces to good...it's part of life's glorious plan. None of us can be relentlessly upbeat all the time, but a positive mind-set can be indispensable when the going gets tough.

Have you ever noticed there are certain attributes of people who

have a positive demeanor about them? Some people have to work hard at staying positive, while others remain positive through the thick and thin of the daily grind.

These attributes are certainly not a final comprehensive list, but they're definitely a good start to point out the admirable characteristics of those who find happiness by finding their inner positive self.

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HAPPINESS IS A CHOICE - CONTINUED

calling card was your smile? Now that would be cool - because people usually smile back and they will engage with you more openly and honestly.

When you choose to smile more, you become the master of your emotions. Your conscious choice of showing off your pearly whites tells others that you enjoy being positive - and yes, that you Make Things Happen!

The best remedy to make despair, fear and frustration wither away is to smile and carry a positive attitude. It takes mature emotions and a strong self confidence to smile at others throughout the day, but it is worth the effort.

Feeling discouraged is the worst, and it allows us to sink to depths that are not only beneath us, it opens up the door wide for the fiery darts of any adversary to penetrate our personal fortress.

When you feel and show gratitude, it is impossible for despair and discouragement to take root and have any effect on us. We cannot allow the enemy to win and make us sink down from being overwhelmed with despair.

When we remember to be grateful and to express that gratefulness to God and to others, then the magic of a grateful spirit blossoms in us and guards us against the enemy.

Happiness isn't just an emotion that can happen upon us once in a while. Happiness is a choice and is the end result of certain thoughts and activities that bring about a chemical reaction in the body. It literally is based on the science of chemicals that produce a reaction, and is fully in our control.

You and I need to choose to be happy, and greet each day with laughter and a grateful heart. You have it within you to be in control of your own happiness. Take the reins, and steer that stallion where you want it go. You are in control of your Happiness!

*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.*

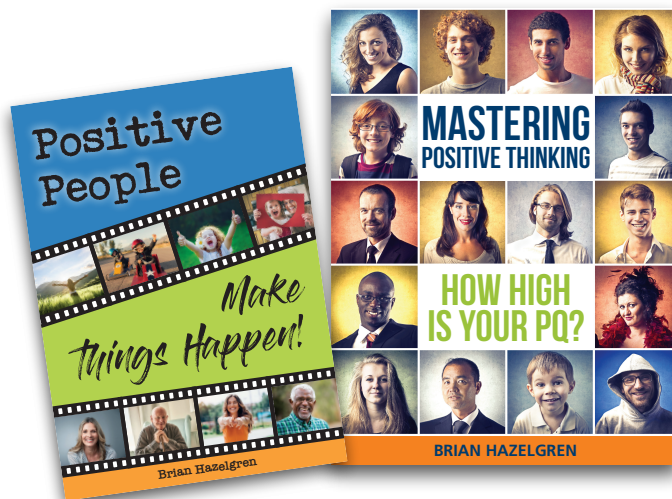
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WE NEED MORE POSITIVITY IN OUR LIVES - CON'T

There are many people we can look to for a positive example of someone who emulates the Attributes of a Positive Person. Things like:

1. Stay Focused on What Matters Most
2. Have a Bigger Vision
3. Visualize Success
4. Keep Going
5. Be a Teacher/Mentor to Others
6. Get Serious About Health & Wellness
7. Try to See The Good
8. Step Up and Make a Difference
9. First Become a Servant
10. Celebrate the Success of Others

These Attributes of a Positive Person 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

We've heard a lot about DNA kits that show what our ancestry looks like, and maybe you are one of the millions that has received their results.

What if there was a DNA test designed to help you understand the genetic markers in your body that will dramatically effect how you should be working out, what your meal plan should like with the make up of carbs, fats and proteins? And what if there was a test that tells you what types of supplements your body needs in order to be at your optimum health levels. Then take it a step further and ask yourself if you carry the gene that could cause you problems with your cognitive function later on in life?

You can stop wondering. This remarkable science is here, and you can take full advantage of understanding your specific genetic markers and how your body will react. With a simple swab, you can get your results in a medical report in about 4 weeks. This powerful test is 99.9% accurate, and will shed a bright light on your genetic make up... not to mention it's pretty cool science!



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Key Data Points

EMPLOYEE STRESS IS AT AN ALL-TIME HIGH!

Top 5 Things Stressing Out Employees:

1. Low wages or salaries
2. Lack of opportunity for advancement
3. Too heavy of a workload
4. Unrealistic job expectations
5. Getting sick from COVID-19

It's important for managers to spot the signs of stressed-out employees, and do something about it. You can offer relief, but you must look at the signs and understand what they mean...such as:

- Incomplete work
- Decreased productivity
- Lower quality of work and mistakes
- Feeling disconnected from co-workers
- Negative attitude towards most things

What we need to be aware of is that the impact of stress caused by this uncertain environment will likely hit more people - especially employees, than COVID-19 will. These things are effecting the Culture of organizations in many ways. In fact, poor workplace culture drained \$223 billion dollars from businesses over the last five years as workers fled because of a caustic environment. (Source: SHRM February 2020)

Culture is more than a word. It is the operating system of an organization.

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Top 20 Disruptive Franchises of 2020...

Top 50 Healthcare Companies...

Top 100 Game-Changer Franchises...

Top 100 Executives in Healthcare...

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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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