

# I LET GO OF NEGATIVITY IN MY MIND AND BODY

**I let go of negativity in my mind and body.**

I avoid negativity in my life. I avoid negative people and negative news. I have as little negativity in my life as possible. When I limit the negativity in my environment, I carry less negativity in my mind and body.

**I choose to live my life in a positive environment and with a positive outlook.**

When I feel negativity in my body, I relax and allow it to flow out from me.

I experience negativity as tension in my body. I can feel that tension and release it. I focus on the tension and allow that part of my body to relax. The tension and negativity flow out of my body very quickly.

My mind rejects negativity. I avoid engaging in negative self-talk. I speak to myself in an optimistic and encouraging manner.

I know how to relax my mind. **I give myself a chance to unwind each day and feel mentally relaxed most of the time.** I know how to handle stress and pressure

appropriately and effectively.

Today, I am repelling negativity and stress. I am focusing on positive thoughts. **I am avoiding negative people and spending my time with those that are positive.** I am letting go of all the negativity in my mind and body.

**Self-Reflection Questions:**

1. Where do I feel stress and negativity in my body? What are the physical signs that I am feeling stressed?
2. How would I rate my self-talk? How would my life be changed if my self-talk were more positive?
3. How does negativity affect me mentally and physically?

