

EMBRACING A POSITIVE PERSPECTIVE

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1 PRACTICE GRATITUDE

Regularly take time to reflect on the things for which you are grateful. Keeping a gratitude journal can help you focus on the positives in your life, no matter how small. Keep this simple: I am thankful for even what might seem ordinary, such as a great cup of coffee or a walk in the morning.



2 PRACTICE MINDFULNESS

Incorporate mindfulness and meditation practices into your daily routine. These techniques help you stay present, reduce stress, and cultivate a positive mindset. I do this practice in the morning and at bedtime. It doesn't have to be long; sometimes, it's 3-5 minutes, depending on what I need at that moment in time.



3 DAILY POSITIVE AFFIRMATIONS

Use positive affirmations to reprogram your mind towards positivity. Repeat affirmations that resonate with you, such as "I am capable," "I am deserving of happiness," or "I embrace positivity." Tip: I will write these on sticky notes and place them all over the house, on mirrors, on my desk, on my computer, on my refrigerator, you name it.

4 REFRAME NEGATIVE THOUGHTS

Challenge and reframe negative thoughts by focusing on the positive aspects of a situation. Ask yourself what you can learn from a challenge or how you can turn a setback into an opportunity. During significant life changes, such as moving to a new city, starting a new job, or facing a personal loss, a positive outlook can help you navigate these transitions with grace and resilience.



5 STAY ACTIVE

Regular physical activity is a natural mood booster. Exercise releases endorphins, which help reduce stress and promote a positive attitude. It also encourages proactive stress management and emotional well-being. You may ask what the best physical activity is. My response is "the one YOU will DO." Just get moving, whatever it is for you.



6 SET REALISTIC GOALS

Set achievable goals that align with your values and passions. Celebrate small victories along the way to maintain motivation and positivity. Getting in the habit of celebrating your gains is essential to reaching all your goals.



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