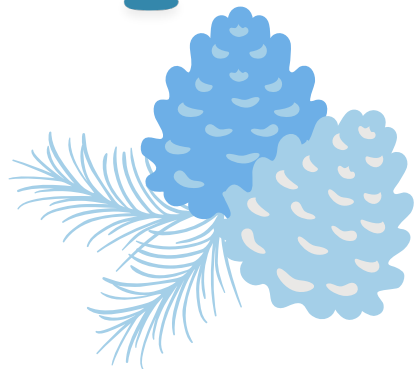


TIS THE SEASON TO HAVE A *Positive* *Perspective*



TERRIE NATHAN COACHING

PRACTICE GRATITUDE

Make it a habit to regularly reflect on the things you appreciate. This practice isn't limited to certain times of the year; it's beneficial to do it daily. Each day, jot down three things for which you are thankful. Concentrating on the positives can enhance your mood and perspective.



I don't experience bad days; I may encounter a bad moment or an unpleasant interaction, but never an entire bad day. I am grateful for even the simplest pleasures, like enjoying a delightful cup of coffee or taking a peaceful morning walk. Give it a try!

PRIORITIZE EXPERIENCES OVER THINGS



Prioritizing moments and memories over belongings, such as travel, learning, and time with loved ones, can enhance personal growth and happiness. Unlike material items, which can lose their appeal over time, experiences provide lasting fulfillment and shape our identities. By focusing on experiences, we create meaningful connections, gain new positive perspectives, and live more fully in the present.

FOCUS ON POSITIVE STORYTELLING

This helps us to consciously shape internal dialogue to be positive and constructive. Our self-narratives impact emotions, behaviors, and mindsets. Emphasizing strengths, achievements, and potential boosts self-esteem and resilience. This practice counters negative self-talk, reduces stress, and fosters optimism, enabling confident, positive perspectives on challenges.



FIND OPPORTUNITIES FOR ENGAGEMENT



Engaging with others through social interactions fosters empathy, collaboration, and emotional well-being, leading to personal and professional growth. Prioritizing meaningful relationships builds a supportive network for a more fulfilling life. Actively seeking social interactions, whether through joining clubs, attending events, or simply striking up conversations, enriches our lives with diverse perspectives and shared experiences.

ADJUST & RE-FOCUS

When faced with challenges or setbacks, shifting your perspective can help you find alternative solutions and see situations in a more positive light. This adaptability allows you to learn from experiences, grow, and maintain a balanced outlook. By regularly reassessing your perspective, you can stay aligned with your goals and values, navigate changes more effectively, and foster resilience in the face of adversity.



CONSISTENCY

By cultivating a habit of positive thinking, you build resilience and a stronger ability to cope with stress. Consistently viewing situations through a positive lens can enhance your overall well-being, improve relationships, and create a more fulfilling life as you become adept at finding silver linings and opportunities for growth. Every step you take towards this is still a step forward.



terrienathan.com
terrie@stronggirlspirit.com

