

**3 EASY STEPS
TO**

**POSITIVE
THINKING
GUIDE**

**ALSO INCLUDES
3 DAILY WELLNESS SKILLS**

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**3 EASY
STEPS**

1

BE PRESENT

2

BREATHE

3

REALITY CHECK

3 EASY STEPS

1

- Take a moment to be present in what you are feeling
- Recognize the difference between what you are thinking verses feeling?
- What are the words to the feelings and thoughts that come to mind? Are they real or assumed by judgement? Explanations or assessments of these feelings and thoughts? Fact or opinion? Supportive or contrary to your emotional success? Will I need to refocus my thinking if it is contrary to my emotional success? Consider mindfulness techniques.

2

- Don't respond immediately to what you are feeling.
- Take a deep breath.

3

- How else can I see the current events if they were happening to someone else?
- What other ways could and outsider see the same events?
- What would I tell someone else in this situation?
- What importance/judgement am I placing on this event?
- Will this event have the same impact or need for negative reaction if it was to happen in a year?

Daily Wellness:

3 Quick Self-Care Tips

Take a Walk: This one is one of my favorites. Not only is walking good for you physically, walking can also improve your mood and get you back to a place of peace, quickly. I also hear that regular walking can improve your sex drive, increase your health when dealing with breast cancer, diabetes, and pain control. So a quick twenty minute walk, 3-5 times a week can make the biggest difference.

Say No: There are some major benefits to saying the word “no.” The concept of being overextended, exhausted and pulled in multiple direction has a lot to do with not knowing when or how to say “no.” This 2-letter word can allow you adequate time to focus on the things that matter most in your life. It can help you gain real control over your schedule.

Allowing you to say “yes” to what can really bring you happiness and balance. Think of it this way saying “no,” helps establish realistic boundaries which is the key to preserving a healthy balance in relationship and life. Learning the value of saying “no” will increase your quality of life.

Be Grateful: It is shown that people that show gratitude are least likely to experience sadness and have a much easier time handling life's ups and downs. Being grateful makes us more mindful of the positive things in our life and more appreciative. Take a minute every day to focus on the positive things in life and give thanks!