

Flipping the Switch

We all have difficulty at times replacing our negative thoughts with positive ones. How do you “flip the switch”? Here are some practical tips.

- ★ Awareness — we cannot change what we are not aware of. The first thing that has to happen is that you must do is be aware that your thoughts are trending in a negative direction. Stay aware of your thoughts. It is the only way that you’ll be able to recognize and control them.
- ★ Gratitude — what are you thankful for? What makes you smile? What things in your life bring you joy? When negative thoughts creep in, think about these things.
- ★ Goals — what do you want? What do you want your life to look like? Paint a picture in your mind of what it is that you would like your life to be. This will switch your focus to positive rather than dwelling on the negative.
- ★ Music — music can quickly change your vibration. What music moves you? What music makes you happy? When negativity strikes, strike back with a good vibe.
- ★ Nature — Have you ever noticed how great it feels to take a walk outside or to play with a pet? That’s because nature is perfect. Spend time with perfection, and your attitude cannot help but to improve.

