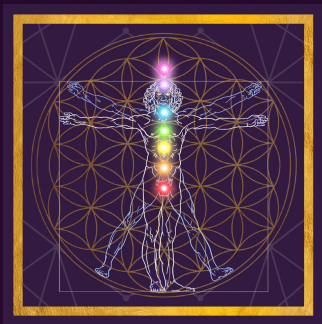


POSITIVE THINKING EXERCISES



SHARON WHITE

Positive Thinking Exercises

1. **For The Rest Of The Day Use ONLY positive words** when you talk to others. Omit negative words, such as “don’t”, “can’t”, “not”, “won’t”, and “no.”

It is simple but not easy. You have to be consciously aware of the words you say before you speak them.

If you do slip up, (and you will) reframe your thought.

To give you an example you might say, “I can’t do that”. You could reframe that sentence to, “I would love to learn how to do that”.

Or you might say, “My health is bad”. You could reframe that to say, “I am working on getting my health back on track”.

Positive Thinking Exercises

This takes a lot of practise. Practise this daily.

Your brain rewires itself to start thinking more positively with more practise but even I catch myself sometimes and have to reframe my speech.

2. Pay Attention To Your Thoughts. Wear a rubber band around your wrist.

Every time you think a negative thought, lightly snap the band. It helps you become more aware of the words you say to yourself.

Positive Thinking Exercises

3. **Reframe Your Thoughts.** If you have a negative thought you can help to reframe it by asking a series of hypothetical questions:

- What is the worst that could happen?
- What is the best thing that could happen?
- What are all the possible outcomes?

This might help you see the thing you thought was going to be “bad” could be turned into a positive.

4. **Fill Your Mind With Positive Thoughts** by looking for things to be positive about.

Find things that you like about yourself, other people, and your life.

The more you focus on the positive, the easier it will be to think positive thoughts.

Positive Thinking Exercises

5. **Look For Things To Be Grateful For.** You might start off small like waking up in the morning.

Having an able body. A roof over your head.
Enough money to buy food.

Maybe watching a sunset or sunrise. These are things most of us have in life.

Then you can be grateful for bigger things like the great income you have so you can treat your family, or the beautiful holiday you just booked.

When we look, we can always find something to be grateful for.

"The more you use positive thinking, the more positive things are attracted to you". Sharon White