

Think your way
into an incredible life
with the
power of *Positivity.*



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COACHING

Discover the small steps you can take today that will have an enormous effect on the rest of your life.

Did you know that the average person thinks 60,000 thoughts a day? That's one thought per second, every waking hour. Now the really interesting part — 95% of those thoughts are the same ones on repeat, and sadly, 80% of them are negative.

It can feel like we are fighting an uphill battle as our brains are hardwired to pay deeper attention to bad experiences than positive ones — science calls this *negative bias*. Rewind a few centuries to our hunting and gathering days, this way of thinking performed a crucial role in alerting us to danger. While our lives today are far removed from our ancestors' the thought patterns of old linger on and require conscious realignment if we are to live our best, most positive lives.

We can train our brains to think of new and different thoughts.

In this resource, you'll discover some easy-to-implement strategies for changing the way that you think so you can fill your positivity meter to 100% — every day. By taking just three steps in the right direction, you'll begin to view life with excitement and enthusiasm and learn to steer clear of toxic environments, harmful self-talk and destructive thinking.

Listen, write, speak — three ways you can use words to strengthen and sustain positivity.

Words have the power to feed harmful ways of thinking but also, to nurture new, positive thought patterns, which is what you'll learn about here. The best thing is, you already have the tools to turn things around.



Think your way *into an* incredible life...

Observe and alter your language.

The first step in understanding the way you think is to be mindful of the language you use. Start to really listen to the words that come out of your mouth so you can catch negativity in the act and switch direction towards more positive language.



Give thanks consistently.

Buy yourself a blank book or notepad and make a habit of writing down three things that you're grateful for each day. I recommend doing this of an evening when you can reflect on your day. Even if it's been tough, you can often find some positives.

Maybe you're thankful for the fresh air in your lungs or less traffic on the road or the kindness of a stranger. I guarantee you, no matter how bad a day you are having there will always be something to be grateful for, you just need to find it.

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Make affirmations part of your daily routine.

Affirmations are so powerful and easy to incorporate into a morning ritual. Write them down, stick them up on your bathroom mirror, look yourself in the eye and say them to yourself every morning.

Even if you find it difficult to believe what you are saying, keep going because you WILL feel it eventually, trust me.

Here are a few of my favourite affirmations:

I accept all that I am and all that I aspire to be.

I live my life to the fullest, making the most out of every day.

I am a strong, intelligent, beautiful, kind woman/man.

I completely and deeply accept myself for who I am.

I feel clear, focused and light.

I have all that I need at every moment.

I am enough.

Guess what!

We've made some beautiful affirmation mini posters that are ready to use, plus blank designs for you to write your own!

Where you spend your time and with whom can drastically affect your vitality for life.

There are ways of inviting positivity into your lifestyle socially and during your 'me time' as well.



Surround yourself with good, healthy energy.

We all have people in our lives who 'zap' or deplete you of positive energy – you know the type – they're typically unhappy with their own lives and fill their days complaining. You don't need these people in your life while you're building up your positivity meter.

Once your meter reaches 100%, these 'zappers' won't deplete you anymore, and if you want to, you can welcome them back into your life. But, I'm guessing that you will no longer be attracted to their company.

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Find your tribe.

Fill your life with people who lift, encourage and support you. It's so important to have a tribe of people in your life who love you for who you are – people who accept and inspire you on your journey.

Think about the five people you spend most of your time with. Do they excite you? Do you walk away from them feeling happy and loving life? Does the thought of seeing them energise you?

If you answered yes to all these questions, then you already have a positive tribe. If you answered no to more than one of these questions, it might be time to expand your circle and start filling your life with the kind of person you aspire to be.

Fill your cup to the brim.

If you feel worn out, you cannot expect to have the energy to stay positive, so it's essential to keep your cup full. Make sure you sleep well every night. Do something for yourself every single day. It can be going for a walk, reading a book, or calling a friend. It doesn't matter what it is, just make sure it's something that you love and something that makes you feel good.

Even if you are busy, schedule time in your diary just for you. You are the most important person in the world, and if you aren't operating at 100%, nobody around you will be.

Ask for help. If you are finding it hard to get a minute by yourself because you have kids at home with you, then ask your partner, parents or a friend to mind them for an hour and do something fun for you.



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Stay present. The future can wait. The past has already gone.

We have all been guilty of getting caught up in our story. The issues we are facing can completely consume us, taking over our every thought and compounding our worries.

But I challenge you to question how that worry actually helps you. Does it make the issue go away? Does it leave you with a clear mind to find a solution to your problem? How can you be functioning at a positive level if you're too busy worrying about the past or future?

I invite you to step away from your story. To live in the now, be present with yourself and those around you and see how things shift.

Replaying the past or
worrying about the future
makes it hard to get through
the day and to see the
positive in a situation.

*Life is here
and now.*



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Get into the habit of meditating.

Meditation is so powerful. At a time of day that suits you, find a quiet space on a comfy cushion or chair and begin to meditate.

If it helps, use an app to get you started and guide you through a meditation. This is a sacred time where you can really access your subconscious mind and find answers to your questions. A clear mind leads to clarity, creativity and connection.



Unlock your best life.



To me, positivity is the key to a beautiful life. It is what I nurture in my children and what I bring into my clinic every day. Being positive will open doors for you; it will allow you to flow through life, always looking at the good and not focusing on the bad. It can make difficult situations more manageable.

It can be tough to charge our positivity meter when it's low, but I know that anyone can do it with practice and persistence. By following the advice discussed in this resource, I genuinely believe you will start noticing incredible changes – you'll experience a better way of living for you and everyone around you.

...with the power of positivity

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Transformation Life Coaching

Coaching for emotional resilience,
motivation and anxiety removal.

For a happier, fuller and
more confident way of living.

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