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# 10 Sure-Fire Ways To Become A More Positive Person

**STRATEGIES THAT BOOST  
YOUR ENERGY, ATTITUDE, AND RESULTS**

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# 10 SURE-FIRE WAYS TO BECOME A *MORE* POSITIVE PERSON

A Virtual Presentation by Dr. Alan Zimmerman

1. Stop the negatives from \_\_\_\_\_  
your mind.
  - a. Avoid negative \_\_\_\_\_.
  - b. Avoid negative \_\_\_\_\_.
  - c. Avoid negative \_\_\_\_\_.
  - d. Avoid negative \_\_\_\_\_.
  
2. Refuse to \_\_\_\_\_.

- a. Recognize its total \_\_\_\_\_.
  
- b. \_\_\_\_\_  
the situation you're worried about.
  
- c. Use the \_\_\_\_\_  
technique.

**3. Refuse to use a loser's \_\_\_\_\_.**

- a. Stop speaking in \_\_\_\_\_.
  
- b. Remove the word \_\_\_\_\_  
from your vocabulary.
  
- c. \_\_\_\_\_  
things positively.

4. \_\_\_\_\_  
**positive materials.**

a. Use the \_\_\_\_\_  
principle.

b. Stop making \_\_\_\_\_.

5. \_\_\_\_\_  
**to positive recordings.**

a. Listen \_\_\_\_\_.

b. Follow the example of the \_\_\_\_\_.

6. **Establish some positive** \_\_\_\_\_.

a. Establish a few \_\_\_\_\_  
triggers.

b. Establish a triggering \_\_\_\_\_.

**7. Practice \_\_\_\_\_.**

a. \_\_\_\_\_  
out your affirmations.

b. \_\_\_\_\_  
your affirmations every day, several times a day.

**8. Fine tune your \_\_\_\_\_.**

a. Understand the \_\_\_\_\_  
of focus.

b. Put your situation in \_\_\_\_\_.

c. See the \_\_\_\_\_  
in every situation.

d. Focus on \_\_\_\_\_  
time.

**9. Act \_\_\_\_\_.**

**10. Hang around positive \_\_\_\_\_.**

a. Spend some time with people who \_\_\_\_\_  
in you.

b. Keep habitual \_\_\_\_\_  
in perspective.

c. Don't spend too much time \_\_\_\_\_  
to habitual critics.