

Discover Your Zen

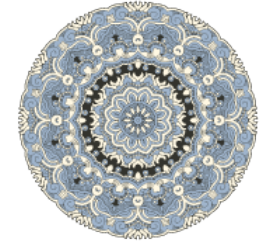
22

Negative Thinking

Live Free With Sheri
Healthy Fearless and Free

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Day 22



Hello there!

Have you ever been around someone who can't stop looking at the glass half empty? Learn why you are happier and healthier with a positive attitude. Surround yourself with like minded people.

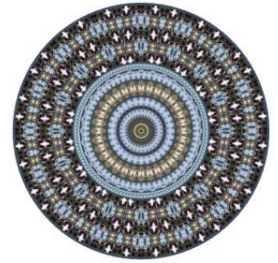
To Self-Love and Your Journey!

**Love & Gratitude,
Sheri**

There will never
be a situation
that can't be
improved by the
addition of one
deep breath.
-Bryan E. Wright

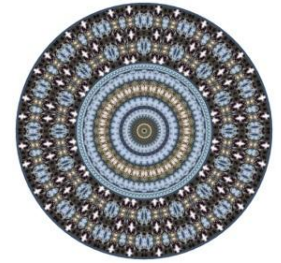
Day 22

Task



- Take a look at other ways you can diminish negative thinking in your life.
Learn ways to use meditation to have a more positive outlook.

Day 22

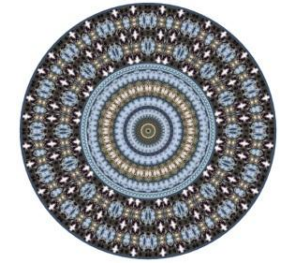


Negative Thinking

“Watch your thoughts, they become words.
Watch your words, they become actions.
Watch your actions, they become habits.
Watch your habits, they become your character.
Watch your character, it becomes your destiny.”

Lao Tzu

Day 22



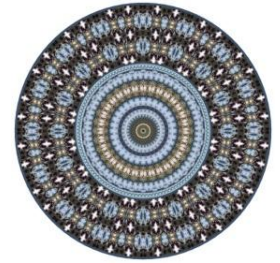
Negative Thinking

Negative thoughts sneak into our mind and it is hard to turn them off. Instead of stopping the negative thoughts purposefully put yourself into a positive mindset with a variety of different techniques. Some excellent examples include:

1. Keep a gratitude journal. Each day write down 3 things that you are grateful. It magically takes the focus of negative things and reminds us how lucky we really are.
2. Push your shoulders back, stand up or sit up straight and smile as big as you can. This changes your state immediately.
3. Take quiet time to reflect or just let mind release everything until it is just sitting there with you- empty of thought.
4. Surround yourself with people who believe in you and are positive influences.
5. Don't be a victim. Take responsibility for everything you do.
6. Don't let other peoples bad thoughts seep into your head. Let them own it, it is not yours.
7. Do something for someone else. That lifts spirits better than anything.
8. Laugh! Watch a funny movie and laugh until you cry!
9. Turn the music up loud and sing with it...as loud as you can.

Day 22

Keeping Track



An exercise in looking at achievement on a daily basis instead of looking at the things you did wrong.

Please list 3 things you did well today that will move you toward your goal.

1. _____
2. _____
3. _____

Please write down 1 thing you will do better tomorrow.

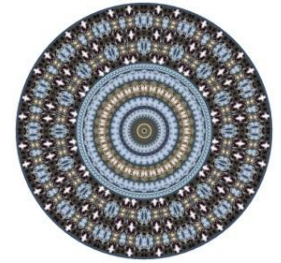
1. _____



Do this daily and you will see your focus change. You will be seeing the daily steps you take toward an accumulated improvement. This allows for constant and never ending improvement.

Day 22

Positive Mind

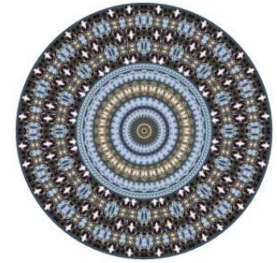


Two people can be in identical situations but have completely different levels of suffering based on their attitude. This meditation will help you to look at things with a positive perspective.

- Sit in your meditation posture with a straight spine.
- Set your timer for 20 minutes.
- Begin to breathe deeply and slowly, observing your breath.
- Allow your body to relax with each breath you take.
- Visualize a situation that seemed hopeless at the time of occurrence, let yourself experience the feelings that come up.
- Now visualize the outcome of that situation, what you did to overcome the situation.
- Look at good things that have come from that situation. It could be as simple as becoming more resilient, learning from, or preventing a possible worse situation from occurring.

Day 22

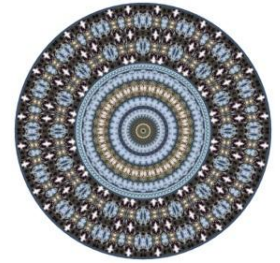
Positive Mind



- Visualize the situation again, but this time, imagine it happening to someone else.
- As an objective third party, imagine your goal is to help your this person to look at the situation in a positive manner.
- Visualize yourself giving them words of encouragement and hope.
- Allow yourself to look at the situation and believe that good will come of it.
- Bring your focus back to your breathing.
- With each breath, say to yourself “Everything happens for a reason”
- Continue to repeat this ten times.
- Bring your focus back to breathing deeply and slowly.
- When the timer sounds, slowly bring consciousness back into your body when ready.

Day 22

Reflection



When you are faced with a challenge do you focus on the problem or immediately seek out a solution?

How does this affect your well-being?

Do you find yourself focusing on elements that you cannot change? What does this accomplish?

What can you do to more effectively handle challenges?
