

BRING SOME SUNSHINE INTO YOUR LIFE! 3 WAYS TO BREAK FREE OF NEGATIVE THOUGHTS

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How do we stay positive?

How can I stay positive when so much around me is negative? How can I stop feeling so overwhelmed and start doing what I love to do? To get a new result we need to do new behaviors.

CHANGE YOUR EMOTIONAL STATE

Just saying affirmations is not enough. Tap into a time you felt really proud of yourself and feel those feelings again. Let that help you focus on what you want in the future.

CHANGE YOUR PHYSIOLOGY

Neuro-Linguistic Programming (NLP) suggests that by adjusting our body gestures, postures and physical activity we can change our mentality.

CHANGE YOUR FOCUS

When we focus on what we don't want we begin to produce negative states and negative outcomes. Anxiety is a gift that lets us know when our focus is off and will disappear when we refocus on what we really want.

reflections:

What emotional state am I in right now?

How is my emotional state affecting my behavior?

How can I improve my emotional state?

How can I improve my physiology?

How can I improve my focus?

Notes: