



TOP TIPS FOR A POSITIVE PERSONAL CONDITIONING

Start every day with a positive activity

It is very helpful to start the day with a routine that creates positive energy: for example:

- An early morning walk
- Workout at the Gym
- Meditation or yoga
- Quiet time

It is easier to stay positive if you can start with a positive attitude

Track your current mental state

This is a complex area, but if you can link negative mood changes to a source or cause, then you are frequently in a position to quickly change back. The important point here is once you are in a negative state, get the message or value from the situation, and then take some action to return to a positive state

Create an energising physical environment

Invest some time and money to make your personal surroundings pleasing and energising to you. Some small items can make a big difference to how your personal space affects your moods. Poor lighting can lower your mental state, especially in the winter. Some people report a big improvement in their mood just by cleaning up their bedroom and making the bed before leaving for work. Clutter is de-energising to many people. A sink full of dirty dishes is de-energising to some. A small water fountain can create a feeling of energy. Music can offset feelings of isolation. Feng Shui is an entire discipline that addresses the harmony of physical surroundings. Further reading may give you some ideas

Listen to your “self talk”

Subconsciously we speak to ourselves several words a minute. Negative self talk is a common source of low moods. When you are hearing negative self talk, be alert to the unrealistic, overly negative messages. Focus on turning the can't's into can's and the won't into wills. You programme your own internal computer! It's your choice what you say to yourself!

Develop methods of moving yourself to a more positive state

Once you are aware of your negative moods, and have developed your own method of getting the value out of the bad mood, then craft methods of moving back to a more positive mood. These methods can include positive self talk, taking action towards a desirable goal, interacting with another person.

One creative method is to maintain a Positive Achievement Diary (PAD) in which you write down personal successes about various topics. The content can include past successes, what you are really good at, things you enjoy, compliments you have received, progress

towards goals etc. Then, when you are feeling negative about something, read through your PAD.

Another NLP method is to reflect back on the previous day, and think about 4-5 things you did well, and were happy about.

Put fear and worry into perspective

Worry comes from the Anglo-Saxon word "Wiergen" which roughly translated, means to "strangle and choke until there is no life left", which is what worrying can feel like. Problems are a part of life. Few people enjoy problems. But in many cases, we can learn from problems. It may help to ask yourself several questions, such as:

- What is the worst thing that can happen and how can I improve on that?
- What am I doing right?
- What am I going to do differently?
- What have I learnt from this?

Getting into the habit of using problems as learning experiences can help us avoid becoming overly anxious and help put fear and worry into perspective!

Focus your energy on attracting more of what you want

Time and energy spent dwelling on problems is frequently better spent pursuing desirable goals. It helps to examine our own contribution to any difficulties and understand how you may need to change. Then be sure to ask others directly for what you want from them: don't fall into the trap of under communicating. In this way, you are always making course corrections and moving forward.

"Drains and radiators"

Some people are like drains and suck positive energy leaving those around them feeling drained. Others are like radiators bringing warmth and positive energy leaving those around them feeling radiated. Negative energy seems to attract negative results. Keeping your own mood positive can encourage positive moods and suppress negative behaviour in others

Nurture your relationships

Relationships are both our best sources of happiness and our biggest source of problems and frustrations. Developing good relationships and improving or ending the poor relationships in your life will increase your personal energy.

Try to see from the others person's point of view and treat those around you with respect and care, just as you would want others to treat you. Set the example for others to follow
Remember.....

If you think you can do a thing or think you can't do a thing, you're right!
(Henry Ford)

