

3 Tips to Curve Negative Thinking

By Maureen Tazzioli

When you received a compliment from someone else, did you dismiss their kind words because you thought they were just trying to be nice, or did you thank them graciously? Have you ever looked at yourself as being intelligent, professional and amazingly beautiful?

If accepting compliments or thinking positively about yourself is difficult to do, please consider these three tips to help curve negative thoughts.

1. **Plan for an amazing day** – For many of us staying in touch with global events is just as important as getting dressed. However watching the news first thing in the morning can influence our ability to remain optimistic and positive, especially if you, like me, are sensitive to viewing graphic videos highlighting the day's top stories. Instead plan for an amazing day – take a few minutes to write down three things you are most grateful for. Then later, when you have a few moments to yourself, feel free to listen to the news on the radio, or read it on-line. Doing it this way keeps you informed while maintaining a positive attitude.
2. **Food for thought** – If you do not eat breakfast because you have no time, think again. For some people on the go taking the time to eat a healthy breakfast is a luxury they can't afford. However, without a healthy breakfast to start the day, your attitude may change for the worse. Think about this. When your body is hungry, do you lose patience with yourself or those around you? Do you have a tendency to make decisions quickly, just to get them over with? Do you find that your attitudes and perspectives tend to be more negative forcing you to hang around others that feel the same way? If none of these things happen to you then consider yourself fortunate. However, if you wish to enjoy one of life's simple luxuries, have a healthy breakfast and embrace the incredible person you are.
3. **Choose positive influences** – The word influence means, *"To affect the nature, development, or condition of; modify."* Looking at this definition, how would you rate the influences in your life? Are they mainly positive or entirely negative? The influences affecting our daily lives can determine the decisions we make for ourselves. For example, if we are surrounded by negative people who constantly blame others for their own misgivings, then we too may find ourselves starting to complain more. If surrounded by optimistic, enthusiastic people who look for solutions to everyday difficulties, the tendency to search out favorable outcomes may also increase. Be aware of daily influences, and confidentially choose the one that best suits you.

Give yourself every opportunity to be happy. Enjoy the luxury of a healthy breakfast while you strive to create positive influences that fuel positive thinking.

(Maureen Tazzioli, President of ReZultsMatter, is committed to building organizational excellence. Regarded as an expert in overcoming obstacles, Maureen's keeping it real workshops and keynote presentations are helping to unify workplace environments so individuals and organizations can move forward together. Maureen can be reached at 306.545.2920 or 1.855.280.2920 or by visiting her website at www.rezultsmatter.com. This article is reprinted with the author's permission).

