

Henry David Thoreau said, "THINGS do not change; we do."

Psychologists tell us that the more we deliberately and purposefully DO things that are positive, the better we feel.

Duh, right?

For example, counting your blessings increases gratitude and can be used as an emotional piggyback technique.

So how do we do this?

1) Set your environment up for success, DAILY. There are many ways to do this - for example: get your hydration station together, use your quote deck and journal, let your pantry support your nutritional goals, and get your workout clothes ready the night before.

2) Emotional piggybacking creates momentum. It brings in hope when we speak it into our lives and say something to lift those around us; it brings in kindness when we perform acts of kindness and promotes confidence in ourselves.

3) Think - how do I create more of this?

This type of positivity broadens our base of optimism, squeezing out negativity and opening up options and positivity.

This can transform our thoughts as the KJT (Knee-Jerk Thoughts!) become less and less; our health as our bodies release more feel-good chemicals; our ability to cope with feelings of overwhelm; our resilience; our relationships with those around us; our job as it becomes more enjoyable, and even our satisfaction with life.

Even when the going gets tough, positivity helps us remember that it is merely a blip on the radar and not the end of the world.