

According to Michael Gervais, a high-performance psychologist, there are two kinds of thoughts - those that constrict and those that expand.

We can either be Thought-Full (of good things) or Thought-Less (brought down by negative things).

Emotions can drive thoughts, but that can be as wise as letting your 6-year-old drive your car - most 6-year-olds DON'T have command of such a vehicle.

And chances are, if you're allowing your emotions to do the driving for your thoughts, you're handing the keys to your very life to an out-of-control 6-year-old!

Michael Gervais says you can FEEL the difference between expansion and constriction, and that yes, good old-fashioned positive self-talk is a needle mover because it provides space to expand.

It's like clearing a space for someone to sit down next to you - a connection is made.

Conversely, constricting thoughts choke the good out, shrinking your options, abilities, talents, and everything you have - diminishing who you are!

Excellence requires repetition - we are often putting stuff on repeat but we can do that in an up-leveled, honoring way.

>Our daily routine becomes a daily ritual

>Checklists become the means to goal outcomes

>Gratitude and wonder replace petty frustration and narrow thinking

A researcher at Carolina said that it takes three positives to cancel one negative thought.

If you want a vibrant life, you'll work on expanding your thoughts. But how?

1) Focus on what is TRUE and LOVELY. (Philippians 4:8)

2) Practice gratitude daily

3) Hunt safety (your amygdala does the opposite!)

4) Decide to shift - you CAN do this, you're not a tree!

5) The gap requires a Mindful Bridge - go on and build it!