

**7 POWERFUL STRATEGIES
TO CREATE**

A POSITIVE MINDSET

so you can

**IMPROVE RELATIONSHIPS
DECREASE STRESS
INCREASE INNER-PEACE AND HAPPINESS**

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You must change your thinking to change your life. Thoughts of worry produce anxiety. Sad thoughts produce depression. Thoughts of irritability produce anger. Thoughts of "it should be different than it is" produce frustration.

What type of feelings are your habitual thoughts producing?

When you change your thoughts, you change your feelings, and when you change your feelings, you change your behavior and when you change your behavior, you get different results in life.



STRATEGY ONE: 'WHAT IF UP' versus 'WHAT IF DOWN'

Read the following "What if" Questions. (out loud if you can)

- What if it doesn't work out?
- What if it's not possible?
- What if I can't do it?
- What if it's a disaster?
- What if things never get better?
- What if they get upset?
- What if we can't ever move beyond this?
- What if I'm just wasting all of my time?
- What if I can't handle it?
- What if I'm not good enough?
- What if it all goes wrong?
- What if I never feel better?

How do these "What if Down" statements make you feel?

Now read the next set of "What if" Questions. (out loud if you can)

- What if it works out great?
- What if it's possible?
- What if it turns out perfect?
- What if I succeed?
- What if it helps the situation immensely?
- What if we can work it out?
- What if I'm investing my time in something wonderful?
- What if I'm stronger than I think?
- What if I'm excellent at it?
- What if I/we can move beyond this?
- What if this is a great idea?

How do these "What if" Up Questions make you feel.

Can you feel a difference?

Are you what if "upping" or what if "downing?"

STRATEGY TWO: CHANGE WHAT YOU ARE SEARCHING FOR!

Have you ever done a search on google? Do you search for what you want or what you don't want? Ridiculous, right? Why would you search for something you don't want?

Yet we often do this.

Our brains are like google. Our mind is doing searches all day long.

We often search for things we don't want.

- Reasons I'm so sad
- Reasons I can't get something done.
- Reasons why I'm not quick enough
- Things I don't like about me
- Things I don't like about my spouse
- Things I don't like about other people
- How disorganized I am
- All the things I should have done
- Everything that's going wrong
- The things I hate about my life
- Why I should feel guilty
- Why I should be embarrassed

The list could go on and on.

Your brain is just like google. It's an obedient servant and it will come back with answers for all of these. It will tell you what's wrong with you, why you can't get things done, why you're so disorganized and on and on.

What if you changed your google search to look for the things you want.

- Reasons why I'm so happy
- Reasons why I can accomplish so much
- Reasons why I'm so quick at getting things accomplished
- Things I love about me
- Things I love about my spouse
- Things I admire in other people
- How organized I am
- All the things I have gotten done
- Everything that's going right in my life
- The things I truly love about my life
- Everything that's wonderful about a relationship I'm in

Again, your brain is just like google and it will come back with all the answers. It will tell you all the reasons you have to be happy, all the things you've accomplished and everything that's going great in your life.

But to get the best searches, you have to search for those things that you do want in your life.

***Are you searching for what you want
or what you don't want?***

STRATEGY THREE: CHOOSE A BETTER FEELING THOUGHT

Right now think about something that you really love about your life. Got it?

Now think about something that you really don't like at all about your life? Got it?

Now, think both of those thoughts at the exact same time. Can you?

No, it's not possible to hold two opposing thoughts at the exact same time. One of them will dominate.

Who has a choice in which one you think?

Right, you do.

Which thought feels better?

Let's make a choice to go with that one.

One more time:

Think about someone in your life that really irritates you and think about that irritating quality.

Now think about that same person and think about what you really admire about them.

Now, try to think them both at the same time.

Again, you get to choose which one you want to focus on. It's like using a muscle, the more you choose the 'better feeling' thought, the more power that thought will start to have in your mind.

STRATEGY FOUR: RECALCULATE AND GET BACK ON THE RIGHT ROAD

Let your feelings be your GPS system. When you feel uncomfortable feelings, such as anxiety, sadness, anger, shame, guilt or resentment, hear your GPS system telling you to:

RECALCULATE!

A negative feeling is an indicator that you may be headed in the wrong direction. (although negative feelings aren't always bad)

1. *Allow yourself to feel the feeling.*
2. *Then ask, what was I just thinking?*
3. *Recalculate or choose a better feeling thought.*

RECALCULATE when you're headed down the wrong train of thought.

If you start to blame someone for something that happened and you start to feel resentful, upset and negative towards them, **Recalculate**. How can you see that you have played a part and need to take some responsibility? How can you change the thoughts you are automatically thinking of them into thoughts that will help ease your negative feelings?

You're starting to judge someone. **Recalculate**. Don't we all have areas of strengths and weaknesses? Don't we even have traits that could be considered negative? Do we want others to dwell on our weaknesses or negatives? Turn your thoughts around and get back on the right road.

When you're totally frustrated because you think someone's behavior should be different than it is. **Recalculate**. Accepting and letting go of your resistance to how people are is like letting go of your stress and pain. When you quit going the wrong direction and get on the right road, you'll feel better.

We think about the past and replay a 'not so nice' conversation over and over. **Recalculate**. Remember a time when things went well, when you had a great time with them, remember the good times. Your mind has a choice which memories it replays.

Would you go to a movie you hate over and over again? No, so why keep replaying a negative conversation? Would you go to a movie you really liked again? Yes, so replay the ones you like instead.

You have the ability to choose which scenes from the past you will replay. The scenes you choose will affect the way you feel.

STRATEGY FIVE: GRATITUDE GAME

First start by looking around in your environment and finding anything that pleases you. Focus on how wonderful, beautiful or useful it is. Now find and think of other things to appreciate.

Think of things you may normally take for granted. Your cell phone, your clothes, your computer.

Think of the people in your life and think of everything you can appreciate that they do for you that makes your life easier. It's easy to take those things for granted, but really stop and be grateful for them.

Be grateful for any small trait that the people in your life have.

The longer you place your focus on appreciation, the more the feeling of appreciation will grow.

It puts you in a feel good frequency. When you feel good, you will give off positive vibes which will affect how other people respond to you, it will affect how you approach situations and how you feel about the situations in your life.

The more time you spend on the gratitude game, the better you'll get at it and the better you'll feel!

You will begin to enjoy that better feeling and find yourself wanting to play this game.

You can start by appreciating anything in your life.

The Building You're In

I really like this color of paint

I like how organized this room is

While Driving to Work

I really like _____ about my car.

I'm really grateful for my job.

In a Store

I appreciate how that mother is interacting with her child.

I really like that jacket.

About a Co-Worker

I really admire _____ about them.

I like the way she/he does _____

It can be anything around you and once you become oriented for things to appreciate, your feelings of appreciation will begin to flow more naturally. The more you practice playing this game, the more positive feelings you will start to feel.

**When you give off the good vibration of appreciation
good things will start to flow to you.**

STRATEGY SIX: Visualization

Visualizing is when our minds are playing out scenes of our life. I might visualize a conversation with someone or I might play out in my mind how my day will go. I can imagine how I think things will turn out in my mind.

We are visualizing all the time, and it's very common to visualize in a negative way, to see things going the way we don't want versus the way we do want. This creates stress, worry, fear and negative feelings.

Worrying is visualizing what we don't want, which creates the negative feeling of anxiety.

When you visualize the exact way you want something to go, you put yourself in a positive state.

Imagine having a conversation with someone (co-worker, spouse, child) and visualize it going awful. You're yelling at each other. The other person has a big scowl on their face. You can just feel the tension between you. Hear the words that they're saying. Feel how hurtful they are. Finally, that person just gets up and leaves. It didn't go very well.

This time imagine that same conversation and visualize it going awesome. You're both smiling and laughing. You're talking calm and polite to each other. You're having fun and enjoying each other. You feel like you could sit and talk for hours.

Elite athletes use this all the time to see themselves succeeding. When you see it internally you start taking the necessary actions to make it come true.

Visualize that conversation going the way you want it to. Visualize your day going the way you'd like. Visualize accomplishing your goals for the day.

When you imagine things as you want them to be, you'll have a more positive feeling within you which will help inspire and motivate you towards creating that which you are imagining. Your feelings really do make a difference in how your life turns out.

Saying affirmations along with your visualizations will help to give them more positive power. Read Fay's blog on positive affirmations here www.fayprairie.com/category/taking-control-of-your-thoughts/

STRATEGY SEVEN: BE IN THE PRESENT MOMENT

We often let our mind wander to the past and replay those negative scenes that we don't like and then create the negative feelings. (that we don't like either) We also often let our mind wander to the future and imagine negative scenes that we don't want to happen. (Ex. Not being able to get it all done, things just not going the way we want them to go)

The present moment is the most peaceful place to be, with our mind focused on what's happening right here, right now.

GET OUT OF THE PAST, GET OUT OF THE FUTURE AND BE IN THE NOW!

When you feel uncomfortable emotions, BREATHE IN AND BREATHE OUT.

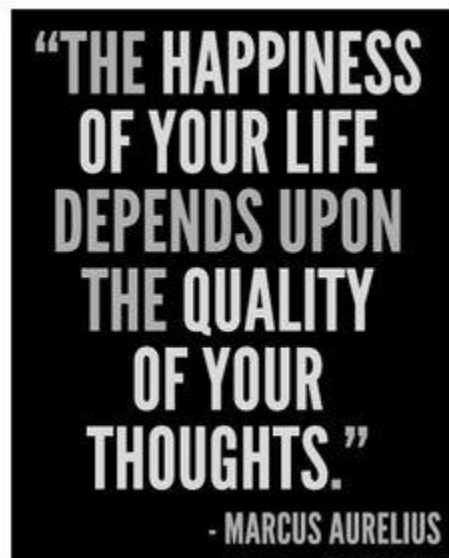
Sounds simple, right? After all, you're breathing all the time.

Breathe in through your nose (smell the flower) and breathe out through your mouth (blow out the birthday candles).

Do this for two minutes. Focusing on your breath pulls you back to the present moment.

Whenever you find your mind wandering into disempowering territories, use your breath to bring it back.

The more you practice it, the better you'll get!



About Fay:

Fay has lived on a farm in Southwest Minnesota for 30 years with her husband Doug, where they've raised their four sons.

The farming lifestyle has contributed to her practical, down to earth style.

Fay received her Master's Degree in Counseling from South Dakota State University and is certified by the National Board of Certified Counselors as an NCC (National Certified Counselor)

Fay works with individuals, couples, and organizations to inspire and motivate positive, empowering mindsets and create caring and compassionate relationships.

Fay provides one on one coaching and counseling or group workshops and trainings. Coaching can be done by skype or phone so location isn't an issue.

Contact Fay now at fay@fayprairie.com or 507-829-0181 to learn more about her counseling/coaching programs and schedule your 30 minute free consultation.

***“Positive Mindsets and Healthy Relationships
are vital to
Success and Happiness.”***

Fay takes the latest research in positive psychology, mindfulness, and emotional intelligence and translates it into practical and powerful strategies that can be used to help you achieve your full potential in life.

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