

POSTIVE THINKING - CHANGE YOUR MIND!



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Too often, we can find ourselves focused on the negative - what went wrong today, things we wish had been better in the past, mistakes we would like to undo. Yet, if we focus on our mistakes and regrets, we train our brain to search for these events - and all too soon, negative thinking becomes a habit.

So how to change this? In the following pages, I'll give you some ideas on how you can begin to THINK POSITIVELY.



Practice Gratitude

It is easy to get caught up in focusing on the negative, but in reality there are so many things we can be thankful for - whether it is people, things, life experiences or the basics for living, such as clean water, warmth and food.

I'll admit, when I heard people saying practice gratitude, I used to roll my eyes (at least in my head) - then I decided to try it and realise it worked!

Practising gratitude can be as simple as thinking of three things for which you are grateful each morning - just listing them in your head and feeling thankful for them at the same time.

You could make sure you take time to express your thanks to those you encounter in your day - your family and friends, colleagues or someone serving in the shop you visit.

When we are grateful for the little thing on a daily basis, we find more meaning and satisfaction in our lives. The result - a more positive attitude!

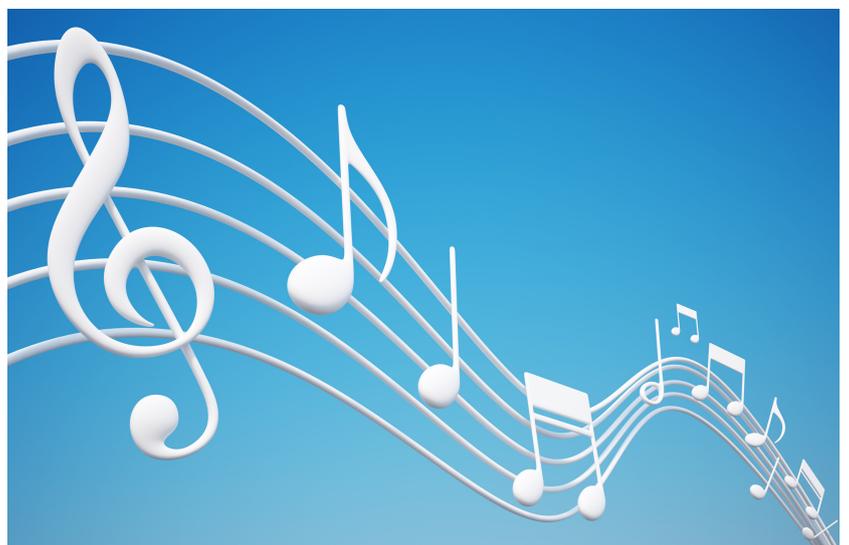
Use music to lift your mood

I have to say that for me, music can make a massive difference to my mood - some songs make me cry, others make me think of certain events in my life and others make me want to dance around and sing out loud. These mood enhancing tunes are the songs I have on a play list to lift my mood and make me feel good.

What music makes you feel positive and just downright grateful to be alive? It could be 80s hits, 90s dance music, a soaring piece of classical music, or perhaps you prefer opera or musicals?

Make a playlist for yourself of uplifting, mood enhancing, positivity inducing music and listen to it regularly, whether you are driving in the car, taking a walk or soaking in the bath.

You can even sing along, at the top of your voice, to enhance your mood even more!



Take time to do things that you love



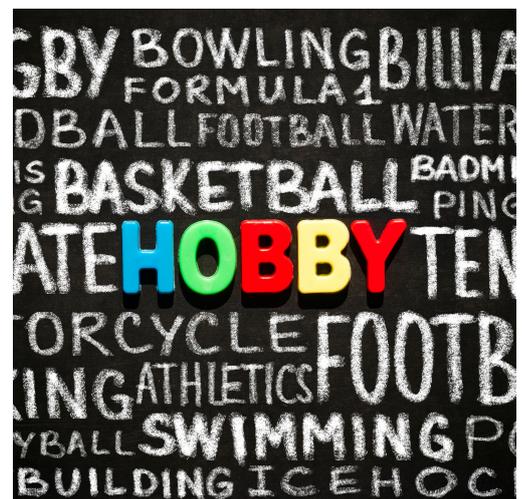
It is very easy to get caught up in all the things our busy lives demand of us - from getting through heavy work loads, making time for children, friends and family and keeping a household running, time is always in short supply a lot of the time.

But taking time to do things you love, that make you feel great and help to relax and keep you in the moment is vital.

If you take time to care for yourself, you will be in a better position to look after all those other people and things that also need your time and attention.

We know it is good for physical and mental health and it makes you feel positive.

So whether you are a gym bunny, love to garden, adore getting stuck into a good book, like to bake or cook - whatever your thing, make time for things that make you feel good. When you feel positive, you can do so much more for others too.





Reviewing the day

Start with a simple exercise you can do each night before you go to sleep - ask yourself "What was the best thing that happened to me to day?" It may be something small, like having an amazing cup of coffee, or something big, like getting the promotion you wanted - but as you train your brain to look for the positive, it will become your new default - and suddenly you will see the all the many positives in your life.

And you have changed the way you think!

***"Look for something
positive in every day, even if
some days you have to look
a little harder"***

If you have enjoyed reading my newsletter, and would like have more help, support and ideas for a happier life, why don't you join my new Facebook group:

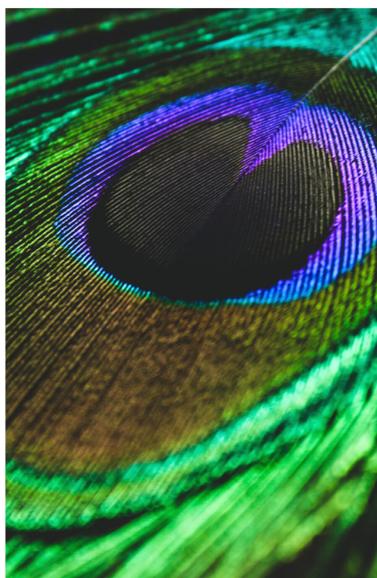
**Creating a Life you Love - move from Chaos to Calm;
Frustrated to Fulfilled**

It's all about helping you to live a life that feels authentic, from work to home and everything in between.

It will have loads of content to help you to overcome your stress, get yourself unstuck and moving your life in the direction you choose - to enable you to grow, have freedom, feel empowered and achieve balance in your life.

In this supportive community we will share how to achieve the lives we want, supporting one another on that journey and I will bring my experience as a coach and hypnotherapist, to inspire and help you.

You really can move from chaos to calm, and from frustrated to fulfilled, so click the image below to come and join us!



*Create a
Life you
Love*

**Move from Chaos to Calm;
Frustrated to Fulfilled**



Alison Gifford



Thanks for taking the time to read my newsletter - I would love to know what you thought of the content. Please do let me know! If you also have any questions, or ideas for future newsletter - just drop me a line :-)

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