

ANXIETY – POSITIVE PSYCHOLOGY

Positive Self-Discipline

"If you always do what you always did, you always get what you always got. If you're not happy with a losing habit, something has got to change," says Bill Beswick. Read the article:

<http://www.fourfourtwo.com/performance/training/how-kick-losing-habit>

Antonyms – Repeating mistakes, inconsistent, discourage.

Synonyms – Performance stimulation, practice, drill.

Self-Talk of the Loser: "I've got a habit of losing."

Self-Talk of the Winner: "Practicing psychic winning, I am always positive about the outcome."

Dr. Denis Waitley said: "*Habits begin as harmless thoughts -- like flimsy cobwebs -- then, with practice, become unbreakable cables to shackle or strengthen our lives.*"

For more positive Self-Discipline, take action today:

1. Decide to visit one of the following in the next 30 days:
 - 1.1 Air Force flight control simulator,
 - 1.2 Air Force flight simulator,
 - 1.3 Computer simulator game,To experience simulation personally.
2. Buy and listen to videos or Mp3's on the art of visualization and simulation.
3. List 5 necessary and unpleasant tasks that you've been postponing for a while. Decide on a completion date for each one and start to complete them – one by one. You'll reduce stress and anxiety with each completion.
4. When visualizing and simulating goals, be precise in the performance needed.
5. Simulate goal achievement, envision what it will be like to achieve the goal for every step in the process.
6. Evaluate your self-talk after each important engagement, accomplishment or action (speaking engagement, participation in sport, family get-togethers, etc.). That will help you to select the best characteristics for a winning self-image.
7. The best time to simulate your goals is in your own time, without restraints.
8. Hold on and persevere in the repetition of the simulation and the visualization of your goals.
9. Participate in a ball sport which include physical contact to train your body to relax and to relief bottled-up stress.
10. Do cardio exercises to improve health at least 3 times per week.

"Of course, every artist has 'minor works' that they do, but I don't think I have any 'minor disciplines.' Each discipline I approach as a major undertaking that I put my whole self into." - Patti Smith.

Focus all your energy on who you want to be.