



High Vibes

Let's get back to HIGH VIBES

How are you getting on? If you have not found time, these emails will be available for you anytime, just save them somewhere for future reference.

Are you now able to notice the differences in your states more easily? I personally have become very aware of when I am drifting into my negative mindset and I have the tools to pull myself away before I let it take over. I wrote a Facebook post about BrainWashing - and boy does brainwashing get a bad rap! If you don't see it as such, there's no denying - YOU ARE ALREADY BRAINWASHED. Whatever you believe is your current brainwashing status.

So do you believe you are nervous? anxious? Too old? Too negative?

You can re-programme your thinking. That's what these 21 days have been all about. Getting you to recognise and exercise the 'better place vibe'. Comprene?

The more you practice the better you get. Imagine you were a Golfer. or Swimmer. What would you do if you wanted to improve? You would practice and practice. The same is true for your thinking- to stay in a better mindset you have to lather, rinse, repeat.

Ok so here's day 15 exercise. have a bit of fun just do this as a quick and dirty exercise...



1. List 10 things that you love about yourself

When get into a negative outlook, it can be difficult to see your own positive attributes. In reality, no person is 100% good or bad. This exercise requires you to actively seek out your positive attributes so that you can improve your self image. When you list them, also write a quick note for each attribute, outlining what it is that you love about it. Like for me- I'd say I am so quick witted and can diffuse many situations with my humour.

If you find more than 10 attributes, keep going.

2. List 10 skills you possess

Acknowledge the many skills you possess. This allows you to see that you have great value and worth to offer to others. For each skill, write a brief note explaining how others might benefit, or have benefitted from this skill.

Again, if you find more than 10 skills, keep going.

3. List 5 achievements which you are proud of

When you are shrouded in negativity, it is easy to forget about the things you have achieved in the past. Recognising past achievements helps you to realise that you are capable of achieving more in the future. and builds your memory muscle to recall the positives. Write a short account of each achievement.

If you find yourself moving past 5, keep going until your inspiration runs dry- and share on Facebook in our group!

Search for the hero inside yourself...