

ANXIETY – POSITIVE PSYCHOLOGY

Positive Self-Control

Antonyms – Irresponsibility, indecision

Synonyms – Determined, willpower, choice

Self-Talk of the Loser: "It always happens to me"

Self-Talk of the Winner: "I cause it to happen to me"

"*Life is a do-it-yourself project.*" Think of yourself as the carpenter. Think about your house. Each day you hammer a nail, place a board, or erect a wall. Build wisely. Ultimately you must take the credit and blame for your actions. You can download the "Words of Wisdom" story here: <http://www.scborromeo.org/wisdom/doitself.pdf>

"*Self-control is vital for overcoming obsessions, fears, addictions, and any kind of unsuitable behavior. It puts you in control of your life, your behavior, and your reactions. It improves your relationships, develops patience and tolerance, and is an important tool for attaining success and happiness.*" - Remez Sasson. Read the full article by clicking on the link http://www.successconsciousness.com/self_control.htm

To get more positive self-control you need to take action today on:

1. Accept the blame and credit for where you are in life honestly and openly.
2. Implement the conscious decision of "I decided to" instead of "I've got to". Rather use "I feel quite comfortable to do it" than "I am afraid to do it" The last statement allows you to be a spectator and stop you from participating.
3. Own and keep the following slogan from each action in your daily life: "My reward in life will be a reflection of my service and contribution."
4. Learn how to relax physiological as well as psychological. Exercise and meditate. Make use of the many biofeedback apps and devices available. Biofeedback is a method of measuring physiological functions you are not normally aware of and then training yourself to control these functions. (skin temperature, muscle tension, brain waves, breathing, or heart rate)
5. Keep a daily roster with allocated time slots for doing emails, Facebook, meditation, exercise apart from your normal work activities. (Stay in the box – your roster) Check and when you're not in the box get immediate back in.
6. Start a habit to keep a DAILY ACTION list.
7. Ask yourself the question: "What do I expect from life?" Write an answer for yourself. Look at positive alternatives for habits that you need to change. Is there somebody that you would like to model your life on?
8. For the next 30 days, work diligently in your current work situation.
9. Invest in your own knowledge and skills.
10. As of tomorrow get up half an hour earlier and make that your new get-up time.

"***We Become What We Think About Most Of The Time***" - Earl Nightingale