



Nine Steps To Healthy Lifestyle

Step 9: Positive Mindset

Without a positive mindset and believing in yourself then everything else does not really matter! You are not alone, you are Worth it! Your health is worth it and learning to adopt this mental mindset is imperative. Let's do it together!

By now you have 8 Steps to implement to achieve a healthier lifestyle...

So what could possibly stand in your way to successfully implementing on your journey to reach your optimal health goals?

It all comes down to your Mental Outlook?

Having a mental positive outlook is crucial in achieving your goals and believing you are important and worth the commitment.

I CAN ATTITUDE!

You need to develop the I CAN Attitude and mindset.

Keep telling yourself until you believe it and it becomes part of your core.

You are worth it! You can do this!

You want to live a healthier lifestyle because you want to reach x, y & z.

Whatever that is on a personal level so I want you to take a moment and fill in those blanks.





Remove the barriers to a Positive Mindset:

Some common forms of negative self-talk include:

Filtering: You magnify the negative aspects of a situation and filter out all of the positive ones. For example, you received a strong grade on a quiz, but instead of focusing on the good grade, you spend the evening criticizing yourself for not getting a perfect score.

Personalizing: When something bad occurs, you automatically blame yourself. For example, an evening out with friends gets canceled--you assume that the change in plans is because no one wanted to be around you.

Catastrophizing: You automatically anticipate the worst. You think one awkward interaction with a co-worker will mean the end of your career.

Polarizing: You see things only as good or bad, black or white--there is no gray area. Anything short of perfection means total failure.

You Can Learn Positive Thinking

Instead of giving in to these kinds of negative self-talk, weed out misperceptions and irrational thinking and then challenge them with rational, positive thoughts. When you do this, your self-talk will gradually become realistic and self-affirming — you engage in positive thinking. You can learn to turn negative thinking into positive thinking. The process is simple, but it takes time and practice — you are creating a new habit, after all.

Periodically during the day, stop and evaluate what you're thinking.

If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them. Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else or want said to you.



How to Start

Being overwhelmed can prevent you from starting or cause you to quit

Start incorporating these simple steps when striving to achieve a healthy lifestyle:

- 1. Do not do everything at once*
- 2. Incorporate one step at a time*
- 3. Keep a daily food and supplement journal*
- 4. Try one supplement at a time*
- 5. Incorporate a Toxic Free diet; Identify healthier food options and try them*
- 6. Dialogue with other health minded friends*
- 7. Read and research*
- 8. Create a strategy and implement it. Find a practitioner that you can partner with to reach your ultimate goal.*
- 9. When you are ready to incorporate a customized regime and gain insight how your body is functioning then begin with functional medicine lab testing to see what imbalances exist as opposed to guessing.*
- 10. Test to check progress and determine which treatment is successful; go back and watch the Nine Steps to Healthy Lifestyle videos and listen to the audio steps for support and encouragement.*
- 11. Remember health is worth the investment of time and personal commitment.*
- 12. Enjoy your healthy lifestyle to the max!*



Monitoring Progress:

1. Make sure you are still on track by re-evaluating your initial goals and setting new ones
2. Ask yourself if your health needs and goals are the same when you first started this Nine Step program or have things changed or shifted in any way.
3. Incorporate new information into your plan of action as learning and being empowered should never end!
4. Make a new plan of action and set new goals.
5. Stay in a community with like-minded people to gain support and encouragement.
6. When you are seriously ready to elevate to the next level, Join the monthly membership site so learning and empowerment is continuous on a monthly basis.



Step 9 Assignment:

Review the **Positive Mindset Quick Tips PDF**, the **100 Positive Thinking Exercises PDF** and answer the **Step 9 questions below**; choose to start using the positive mindset exercises on a daily basis. Determine which ones apply, highlight the ones you will incorporate into your life, and start using one on a daily basis.

Answer the following questions:

1. *I want you to identify your mental outlook. Do you know what your mental outlook is?*
2. *Do you possess a positive or negative outlook?*
3. *Do you have a half-full or half-empty mindset on life?*
Is your glass half-empty or half-full? How you answer this age-old question about positive thinking may reflect your outlook on life and your attitude toward yourself. In fact, some studies show that personality traits — optimism and pessimism — can affect how well you live and even how long you live. Positive thinking is a key part of an effective stress management strategy. Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:
 - *Decreased negative stress*
 - *Greater resistance to catching the common cold*
 - *A sense of well-being and improved health*
 - *Reduced risk of coronary artery disease*
 - *Better coping skills during hardships*
4. *Do you believe if you have a positive outlook, then it enables you to cope better with stressful situations, which reduce the harmful health effects of stress on your body?*
5. *Do you engage in negative self-talk? What if your self-talk is mainly negative? That doesn't mean you're doomed to an unhappy life. Negative self-talk just means that your own misperceptions, lack of information and distorted ideas have overpowered your capacity for logic and reason.*
6. *What will you say out-loud each day to believe in yourself?*
7. *Do you keep a gratitude journal and if yes, then do you write in it everyday?*

Added Bonus:

If you want me to review your worksheets then email them to me and I will review them.



CONGRATULATIONS for completing Step #9!

You did it!

Now please continue on your journey to optimal health.

Make sure to follow me on FB, Twitter, Pinterest, Instagram, Google+ & LinkedIn.

If you are ready to continue learning with me on a monthly basis then love to see you on the monthly membership with videos, teleseminars and more.

Remember your health is worth is because YOU are worth it!



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