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## **Action or Attitude**

Are you living your life or your attitude? Have you had one of those days where you just got out of bed in a bad mood? Then you notice that things keep happening throughout the day that just reinforce that it is a bad day? Is this really just a coincidence or is it your attitude? And how much does our attitude affect how we live and perceive our life?

Whether we have a good day or a bad day really is up to us. There is no outside force that decides one day that you are going to have a horrible day or horrible life. It is what you are thinking about and your attitude that makes all the difference. Most of the time we aren't really aware of what we are thinking; our thoughts tend to ramble along on their own taking us from what we are doing in the moment to a past event or perhaps our plans for later that day. We have such an amazing brain that those thoughts have the ability to become very real to us, so real that we might actually believe that what we have been thinking about is actually a fact. And if we are thinking about what others feel about us there is no way that we could know this information without actually asking the other person.

What we think about and the words that come up in our thoughts shapes our lives and the conversations that we have inside our heads says a lot about the messages that we tell ourselves. If you are thinking negative thoughts and focusing on the negative your life will take shape around those words and thoughts. Fortunately we have the power and ability to shape, heal and change our thoughts. The landscape that we paint inside our minds can be filled with wondrous beauty.

How can we create our thoughts and life in positive ways? We need to make an effort to connect with ourselves. Find out what you think of yourself. Do you have a lot of harsh words for yourself or do you see your talents and skills? Make a list of 10 things that you really like about yourself (talents, skills, your looks). Now make a list of single words that embody those ten items. For example if one of your items is: I am a good parent, words that embody this might be: caring, compassionate, loving, and gentle. Create a list of 10-20 positive words.

After you have your list of positive words take that list with you each day and periodically read one or two words, saying "I am \_\_\_\_\_". The object is to practice replacing all of the negative thoughts that you have about yourself with positive ones. So when you knock that glass off the counter, say something like, "Oops accidents happen. I am a neat and careful person and will clean this up perfectly!" This will help you create better and better days for yourself.

### **TAKE ACTION**

Create that list of positive words that characterizes your skills, talents and style and start saying them to yourself. Create a positive internal action that will shift your life. Still not sure how to begin? Give me a call and let's set up a time to talk. My first session is always free. Let's use that first hour to get you started.

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