

Exercise 11 – Becoming Positive

Part one.

Write down these two questions and statement:

- How would a negative person deal with this?
- How would a positive person deal with this?
- I'm becoming a positive person with a positive attitude.

Write them below. Exactly as written above to further cement this message in your mind. Then write it somewhere else so it will remind you again. Write it down every morning. Keep reading and writing the questions and statement. This is going to help the messages stick.

Keep a copy of this close at hand, in your purse or wallet or stored as your phone lock screen. Post-it notes are also good aids to keeping this message in front of your in the early days.

Part two.

Create your own positive mnemonic. You can have different mnemonics for different situations, but I'm a great believer keeping it simple and straightforward. Use the space below to make some notes and ideas now.

As time progresses, you will find yourself making the positive choice automatically and eventually you won't need to ask yourself the questions or use the mnemonic anymore.