



Monday, March 16, 2009:

Monitor your thoughts and words: Spend today monitoring your thoughts and words. You'll be amazed at the thoughts that pop into your head and come out of your mouth. The key is to become more engaged and conscious of what we're thinking and saying.

The Tool You'll need:

The But → ___ Positive Technique. This simple strategy helps you turn your negative thoughts/complaints into positive thoughts, solutions, and actions. It works like this. When you realize you are complaining, you simply add the word *but* and then add a positive thought or positive action. Example:

- I don't like driving to work for an hour, *but* I'm thankful I can drive and that I have a job.
- I don't like that I'm out of shape *but* I love feeling great so I'm going to focus on exercising and eating right.



Positive Energy
Vibe Zone