

finally **BECOME** **POSITIVE** **IN 2021**

Day 2 Worksheet

There is nothing like a brand new... ANYTHING!

A fresh start. The latest iPhone. A new toy. The new Netflix series. A new car. A whole sandwich. A new home. The beginning a football game. A video game release. Starting a road-trip. The promise of a diet. The start of an exercise program. The first day of summer. A new relationship. The holiday season. A new movie release. A new friendship. The first day of school. A new baby. The Hallmark holiday series. The first day of a new job. The first day of a NEW YEAR!

**People often say that motivation doesn't last.
Well, neither does bathing. That's why we
recommend it daily.**

-- Zig Zigler --

There is something invigorating about the word NEW. This word ignites hope and a fresh promise. It is really easy to be POSITIVE when things are exciting. It is more challenging to be POSITIVE when things become ordinary. Time exists and the word "new" fades.

Babies turn into kids.

Cars get driven.

TV series get watched.

Games get played.

Seasons come and go.

Relationships become familiar.

Jobs and school become predictable.

So, how do we return to being POSITIVE when things are no longer driven by specialness?

POSITIVE *goals* ONLY!

In Driver's Education, they teach that when a car hits a bad spot in the road to not fight the skid. People are instructed to "ride out the skid... don't fight it." This is also applicable to our POSITIVE MINDSET.

The truth is life is going to happen. We are all human. What matters more is what we do AFTER we experience our humanity.

Example:

If you decide to have a healthier eating lifestyle and end up eating leftover Christmas cookies, you now have a choice:

- 1.) Eat ALL the cookies because you have already ruined the healthy lifestyle you wanted.
- 2.) Recognize it was a mistake. Maybe even have one more cookie! Move on.

Often we give up or throw the towel in and start playing negative tapes in our head. The truth is we still have our POSITIVE GOALS inside of us. Life isn't black and white. It is complicated. We are complicated. This is one of the best parts of being human!

Be flexible and forgiving with yourself. Your POSITIVE MINDSET and POSITIVE GOALS haven't gone anywhere just because you detoured. It is a choice you will encounter EVERYDAY. In fact, you will encounter it numerous times everyday.

Allow yourself the liberty of your mistakes. Do not quit because you aren't perfect. Lean into the imperfect moment... just don't stay there! In other words, "go with the skid." Just make sure you get back on the road! That is the secret.

One way to "get back on the road" is to know the TRUTH in the moments of mistakes. For this particular challenge, you have to build TRUST in yourself. Take a moment to recall the times in your life when you had a goal, got sidetracked from it, but achieved it in the end. Recognize and record THREE specific experiences you accomplished, no matter how many "skids" you encountered.

What are THREE times in your life you absolutely achieved something?

1.

2.

3.

This is your TRUTH!

You are capable of so many things. Even after you have faced challenges and setbacks, you have been able to RALLY and accomplish completion!

CONGRATULATIONS on being HUMAN!