

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

Day 1 Worksheet

Being POSITIVE isn't something we just fall into every day.
Are there days that just start out better than others? Sure.
Are there days that we have to work harder at experiencing the positive? Absolutely.
So, what is the secret? How can we take control of our day and have it become positive?

” **Starting each day with a positive mindset is
the most important step of your journey to
discovering opportunity.** *”*

--Jay Samit--

The buzzword, "Positive-Mindset" often leaves a bad taste in one's mouth. The sentiment is lost because the term is overused and misunderstood. Any athlete will tell you that mindset is everything. Every performer will boast about the power of a positive mindset. All entrepreneurs will credit a strong mindset as a necessity.

Changing our mindset is sometimes easier than we think. Depending on the circumstances that we find ourselves in it can simply take a moment of intention to shift our thinking. A simple and easy exercise is having an already assembled plan of action.

Take a moment to record a list of past positive memories that you can then easily call upon when a change in mindset is necessary. The idea is to have a known and dependable set of stories that you can easily access when you need them. If you need to close your eyes to help in remembering certain experiences make sure to be in a space that allows you to do that.

POSITIVE MEMORIES ONLY!

Make sure you are being true to yourself and only focusing on POSITIVE stories from your past. Find a comfortable spot to relax where you can drum up memories and then record them here:

BEST POSITIVE MEMORY FROM CHILDHOOD:

BEST POSITIVE MEMORY FROM TEENAGED YEARS:

BEST POSITIVE MEMORY FROM ADULthood:

BEST POSITIVE MEMORY FROM THE LAST YEAR:

Store these stories somewhere that you can get to them either digitally, mentally, or tangibly. When you find your mind drifting or in a space that is not where you want/need it to be, then simply refer to these memories.

Think of them.

Read them.

Say them aloud.

There is no time limit or numerical limit as to how many times this activity is repeated. Allow yourself to do this as often as you need until you feel yourself in a lighter and more positive mindset.