

# *finally* BECOME POSITIVE IN 2021

## Day 4 Worksheet

People love POSITIVITY... but only if it's real. When someone projects inauthentic or "Toxic Positivity", it isn't hard to quickly identify the insincerity. Often people will leave someone's presence confused because they heard a lot of amazing words, but none of them "felt true". When someone only displays a fire-hydrant of POSITIVITY, we become suspicious. Can life be that POSITIVE?

💡 **Joy is not a constant. It comes to us in moments -- often ordinary moments. Sometimes we miss out on the bursts of joy because we're too busy chasing down the extraordinary moments. Other times we're so afraid of the dark we don't dare let ourselves enjoy the light. A joyful life is not a floodlight of joy. That would eventually become unbearable.** 💡

-- Brené Brown --

What exactly is "Toxic Positivity"? This is a term describes a manipulative tactic used by people to avoid truth. Instead of acknowledging reality they will project constant POSITIVITY.

For example, a person could share that their grandfather just unexpectedly died. A Toxic Positivity reaction would be, "Don't waste time being sad! The world is filled with fresh flowers, and children, and blue skies! What a blessing it is to be alive! Sadness has no place in our hearts."

Why would this be so harmful? Because when someone doesn't recognize truth and only offers disguised POSITIVITY, the other person feels unheard and dismissed.

Running into the world with just a smile is a fantastic ideal, but it isn't realistic. As we covered in the DAY TWO WORKSHEET, real life happens. Real-life is always going to happen. Avoiding life will not make us more POSITIVE, it will actually do the opposite. The human experience involves ALL the emotions, NOT just POSITIVE ones. When we take the time to acknowledge life we can feel and deal with what comes our way, and then regain our positive mindset.

## *THE FORMULA IS:*

**ACKNOWLEDGE --> FEEL --> DEAL --> REGAIN --> POSITIVITY**

Feelings and experiences are BOTH/AND and NOT an EITHER/OR. There is room inside for all of the emotions. There is no need to kick any of them out and replace them with forced feelings. The key is to not get stuck in any emotion...good or bad.

# POSITIVE *MANTRAS* ONLY!

One of the daily practices I have is to say the same POSITIVE mantra first thing in the morning. Throughout the day when I need a "mind lift" I repeat my personal POSITIVE mantra. I literally start every morning the same way, with the same sentence. I have never missed it since I started. The reason this isn't bragging is that this is another secret. When you choose the right POSITIVE mantra for you, it is part of your life like breathing. Every day I remember to do that too!

Now is the time to select your own *personal* POSITIVE mantra! This process can be done in numerous ways, all of them are wonderful. One of the easiest ways to do this is to think about what you wish to hear every day, all day, from anyone, from everyone, from yourself, etc.

What would lift your spirits if you heard this statement said to you all the time? Sometimes reflecting on what we would have benefitted from hearing as a child can help us narrow down a sentence or two. Try out different statements and when you find the right "fit," you will know!

Your *personal* POSITIVE mantra should be short, direct and meaningful to YOU!

## For inspiration, here are some examples:

- All is well, right here, right now
- I am enough
- Be a warrior, not a worrier
- I choose to be calm and at peace
- My life is good
- I am blessed with wonderful family and friends
- Love radiates out of me
- I am worth it
- I am in control of my emotions
- I love myself
- My body is good and beautiful
- I am extraordinary
- My life is filled with intention
- I have everything I need
- Suffering is temporary, it will get better
- I am thankful. I am blessed.
- Everyday is a new beginning
- I have Heroic Hope
- I am exactly where I should be

## The personal **POSITIVE** mantra I am choosing for myself is:

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Commit to saying your POSITIVE mantra first thing in the morning before ANYTHING else! Before checking your phone, kissing your dog, going to the restroom, anything. Choose it. Claim it. Say it.

This will also help you stay centered and away from those who spout Toxic Positivity or from you projecting it onto someone else. When you profess truth, you begin to live it.