



LIVING A

positive
life

welcome

The health of your mindset and how you deal with life's curveballs is a crucial element to the quality of life you lead. Being equipped with this understanding will assist you in enjoying this exciting life you've been given and help you in reaching each goal you have for yourself.

The benefits of a positive mindset go far beyond just being happy. More importantly, your overall health will benefit from committing to a positive mindset. Here are 10 tips on how to improve your mindset and free yourself from negativity. Enjoy!



“If you look the right way, you can see that the
whole world is a garden.”

–FRANCES HODGSON BURNETT

FIND happiness WITHIN

It starts with you.

Making a relentless effort to transform negative thoughts into positive ones is a great starting point. What gives you peace? What struggles are you facing? How can you deal with them positively?

You are the only relationship you'll have your entire life — from start to finish. You are the biggest influencer of your mindset, mood and demeanor. Honor yourself, your feelings, and your desires.



- What gives you peace?
- What struggles are you currently facing?
- What technique(s) can you use to deal with tough situations in a positive way?
- How can you add more positivity into your daily life?
- What positive characteristics do you currently possess?



“When you are joyful, when you say yes to life and have fun and project positivity all around you, you become a sun in the center of every constellation, and people want to be near you.”

—SHANNON L. ALDER

COMMIT TO IT

Make a commitment to yourself that you will stay on this positive path. You are human, and bad days will inevitably happen. Allow yourself to feel whatever emotions arise, and love yourself through each one.

Living a positive life doesn't mean negativity will disappear forever — but having an action plan of how to combat negative emotions as they arise will equip you with the armor you need. Commit to leading a more positive life, and bring others along with you!



- What patterns do you recognize when you think about things that get you down?
- How can you deal with these better, and combat the negativity before it harms you?
- What action can you take daily to commit to living a life of positivity?
- When bad days happen, honor your feelings. Being positive is not about living with blinders on — but about finding the positive edge in every situation. There is always something to be thankful for in everything. It's there, and when you're committed to seeing it, you will see it often!



“Replace the word can’t with can. Know that you can, believe that you can, and know with ALL of your heart that you will. You will succeed in spite of any obstacles that may try to hinder you! There’s so much power in having a positive attitude, positive mindset, and positive outlook.”

—STEPHANIE LAHART

GRATITUDE ALWAYS WINS

It's easy to be grateful when things are going smoothly, right? The real work lies in showing gratitude when things aren't quite going your way. Every tough situation has the opportunity to teach you something, if you keep your eyes open to these learning opportunities.

Keeping a Gratitude Journal is extremely helpful in assisting a mindset of gratitude and thankfulness. Writing in yours daily will help remind you of all you have to be thankful for — and will also keep you seeking throughout the day of things you're grateful for that happen. This little tip really helps with keeping a positive outlook!



Using your Gratitude Journal Daily will drastically change your outlook,
I promise! It's really fun, so enjoy.

List 3 things you are grateful for today

List 1 person you are grateful for in your life

List 1 ability you have that you are grateful for

List 1 experience you've had that you're grateful for



“We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have.”

—FREDERICK KEONIG

Yoga Fit

Keeping your muscles rid of tension and staying in touch with your inner strength are just two ways yoga will assist you in leading a positive life. On top of the health benefits of yoga, you will inevitably meet some wonderful, positive people at yoga class!

Practicing yoga regularly assists with improving overall health in multiple ways. Stress is a factor we all deal with at some point. Thankfully, yoga is a fabulous way to help keep those levels under control. Yoga can be done in a class setting, or in the comfort of your own home.



- What mind-clearing technique is your favorite? Yoga, meditation, Bible Study, Walking etc?
- How often per week will you commit to one or more of these?
- How do you feel when you are meditating, exercising, and/or studying God's word ?
- Commit to doing at least one breathing exercise per day to keep the stress away.



“You can create value from anything that happens to you with a positive attitude.”

—A.D.MOHLA

MAKE A POSITIVE IMPACT

One of my absolute favorite ways to live a positive life is through helping others. Whether it's holding the door for someone at the market, or spending a day giving your time to those less fortunate — spending your time serving others is a beautiful way to live a more positive life.

What talents do you have that you could share with others?

What are some ways you can make a more positive impact to those around you, near and far?



- What are 3 ways you can serve those in need, near and far?
- What ways do you *enjoy* giving your time to helping others?
- How often will you commit to serving others with your time, and who will you do this with (family, friends, or solo)?
- Do you have any special talents that could assist those in need?





“Happiness is found deep inside each of us. It begins
with HOPE...”

KATHY STEPHENS

DO WHAT MAKES YOU happy

Commit to spending more time doing what *makes you happy*. I have a feeling no arm twisting will be needed for this one.

Understandably, life can get hectic at times and hobbies can fall through the cracks. Although, when you have them written into your schedule, it will be a little more difficult to not have time for them!

So, **what** makes you happy? What do you love doing? How often will you commit to doing what makes you happy?



- What are some of your favorite things to do?
- What makes you the most happy?
- Who are some of your favorite people to spend time with?
- How can you arrange your schedule to fit in more of the above — the things that make you happy, with the people that make you happy?



“ Have I not commanded you? Be strong and of good courage, do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”

JOSHUA 1:9

BE NICE TO YOURSELF...

Self care deserves to be high on your priority list. Caring for yourself — physically and emotionally — is enjoyable, relaxing, and a wonderful way to lift your spirits. Doing so regularly will set a very healthy routine for yourself, and luckily, you will be the one to reap the benefits!

What can you fit into your daily schedule to care for yourself in a way you aren't already doing?



- What are 3 of your favorite ways to take care of yourself?
- What can you add into your daily schedule to better care for yourself, physically and emotionally?
- What can you add to your monthly schedule? (monthly manicure, massage, etc) What about spiritual things? What can you add there?
- In contrast, what are 3 things you are doing that may not be serving you well? Can you commit to kicking these to the curb?



“What is the difference between an obstacle and an opportunity? Our attitude toward it. Every opportunity has a difficulty, and every difficulty has an opportunity.”

—J. SIDLOW BAXTER

CONNECT SPIRITUALLY

Whatever your need is God is there waiting on you to just get still before Him. He never moves..... We do. God is not just a Sunday occurrence. He wants to spend time with you every single day. Spending time with HIM can have an impact on your positivity.

There is nothing greater than knowing that He is deeper and bigger than us. He can instill peace, love, hope, and confidence into our hearts. Those things then bleed into the lives of others.

Spending time in nature is also a fun and easy way to feel connected spiritually. Spend an evening watching a sunset over the water, and you will certainly agree there is a GOD.



- What are 2 things you can implement into your daily life to feel more connected spiritually?
- When do you feel most connected? What are you doing, who are you surrounded with, when you feel this?
- What are your favorite activities to do while spending time in nature?



“Keep your head up, your faith strong, and your eyes open for the little miracles all around you...because they are there, just waiting to be discovered.”

—MANDY HALE

SURROUND yourself

The company you keep has a lot to do with the state of your mindset. Are you surrounded with negative influences?

Of course, you cannot choose 100% of the people that surround you, but you are now well equipped to combat these negative mindsets when they arise!

For those who you *are* able to choose to spend your time with — evaluate the sources of negativity in your life and strategically plan your time for the future. Surround yourself with positive influences and enjoy life with them.



- Who are your top positive influences in your life?
- Who are your most negative influences?
- How can you commit to not allowing these sources of negativity to harm you?
- Where can you spend your free time that promotes a positive lifestyle?



“Don't hang with negative people. They will pull you down with them. Instead, invite them into your light and together you will both shine strong.”

—L.F. YOUNG

forgive

Learning to let go and forgive assists your heart in moving onward and upward. Forgiveness does not erase what has happened or change the hurt that it caused you. It may not even stop it from happening again in the future. It does, however, free you from the pain residing inside of you that is weighing you down.

Forgiveness means taking responsibility, living in peace, empathizing, and focusing on the present. Are there a few things you could let go of and move forward from?



- Are there some things you are holding onto that you need to free yourself from?
- Write a letter to yourself expressing all of your feelings that surround whatever you're holding onto. Be real, honest, and raw. Use this to release your pent up feelings that are not serving you.
- When you finish your letter (write as many as you need!) — rip it to shreds. Burn it. Whatever feels right. Whatever method you choose, use this to symbolize releasing these negative feelings and being set free.



“Cause me to hear Your loving kindness in the morning, For in You do I trust; Cause me to know the way in which I should walk, For I lift up my soul to You.” Psalms 143:8

MEET YOUR COACH

Would you like some assistance in
transforming your health and life?
I'd love to speak with you!

KATHY STEPHENS

“HOPE REIGNS”

WWW.KATHYSTEPHENS.COM

