

Set yourself up for success!

# POSITIVITY BEGINS WITH YOU

Achieving positivity everyday, the healthy  
way





# IS THIS YOU?



Your mind reading off a laundry list of to-do items.

Your mind listing its fears, both real and imaginary.

Your mind recalling hurtful things that have happened in the past.

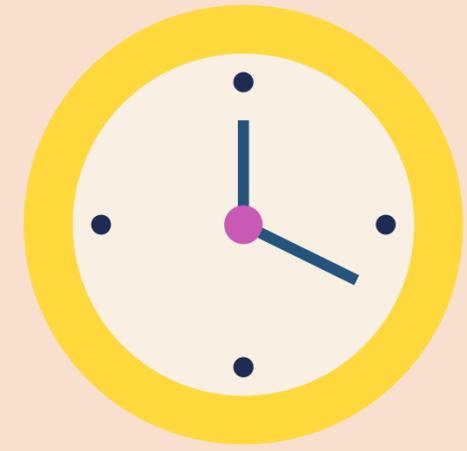
Your mind judging the present.

Your mind creating catastrophic “what-if” scenarios of the future.





# RACING AGAINST THE CLOCK



The switch to online work has disrupted everyone's schedule.

Keeping positive and balancing time management are some of the main challenges we are all facing.

It starts with being aware of how we are feeling and what we are thinking.





Self-check:

# HOW IS YOUR DAY GOING?

Think of what you have done so far and how it makes you feel.



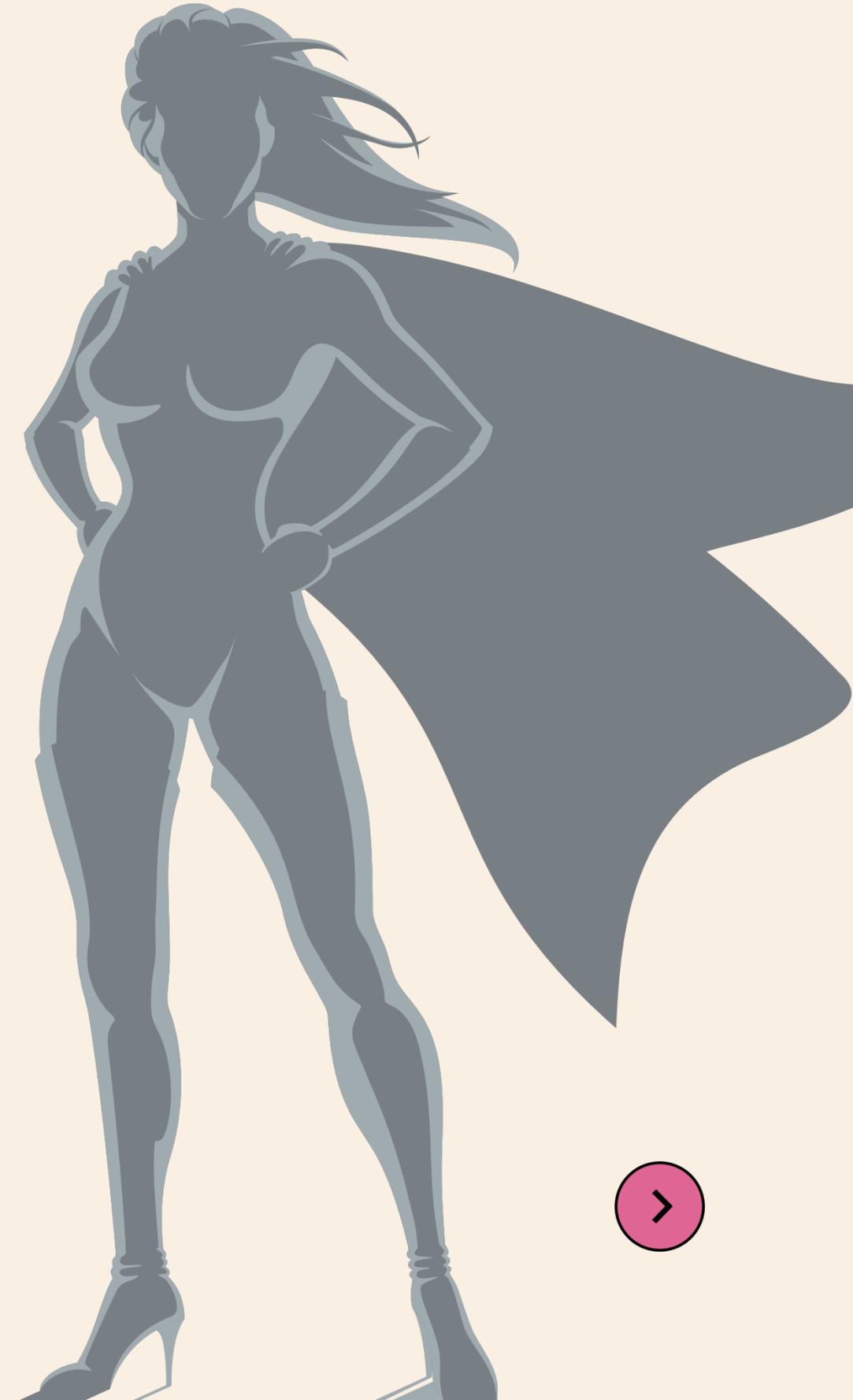
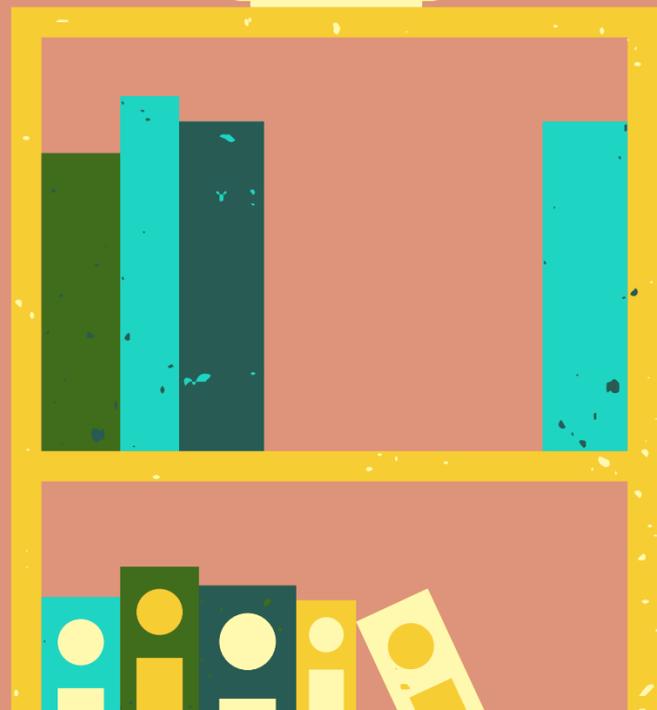


**Let's stand.  
Give a big stretch.  
You have been  
sitting all day.**





**Get into your  
superhero stance  
and say aloud...**





**I am brave**  
**I am strong**  
**I am confident**  
**I will get through this**





# EXAMPLES OF MORNING POSITIVE AFFIRMATIONS

Today, I am going to tackle everything bravely and with confidence.

I am in charge of how I live each day.

I feel glorious, dynamic energy.

I am active and alive;

Every experience I have is perfect for my growth;

Today I create a wonderful day and a wonderful new future.

Abundance flows freely through me.

My self-esteem is high because I honor who I am.





# CREATING A ROUTINE

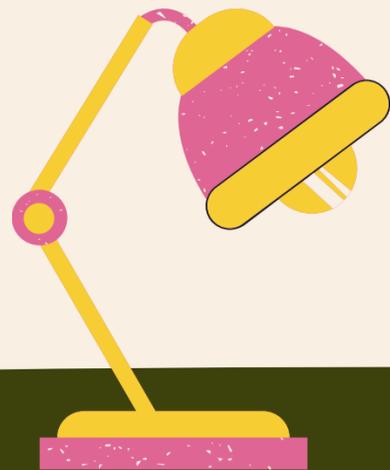
What to do to get started

Positivity begins when you wake up

Figure out when you are most productive. What part of the day are you most energized?

This contributes to your positive wellbeing

Schedule activities based on your energy flow as much as possible.



# BENEFITS OF SETTING A ROUTINE. IT MAKES A DIFFERENCE

**It brings a sense of calm**

Avoid the frenzy and anxiety of last-minute activities.

**It creates structure**

You can better organize your day when you have a plan even when things change

**It keeps your body healthy**

Routines help you sleep better and manage stress.





**YOU DESERVE TO  
TAKE BREAKS.**

**EATING IN FRONT  
THE LAPTOP - NO!  
NO!**

Allot enough time for meal and snacks.  
This will keep you energized.

Step away from the screen from time  
to time.

Take a nap or walk outside to refresh your  
brain.





# FIND A PARTNER TO SHARE POSITIVE MOMENTS AND WHEN YOU ARE STRUGGLING



I have come this far, and I am proud of myself.

This is just one moment in my life, and it does not define who I am.

This is one isolated moment, not my entire life.

Things will get better.

These are just thoughts. Only I determine the way I choose to feel.



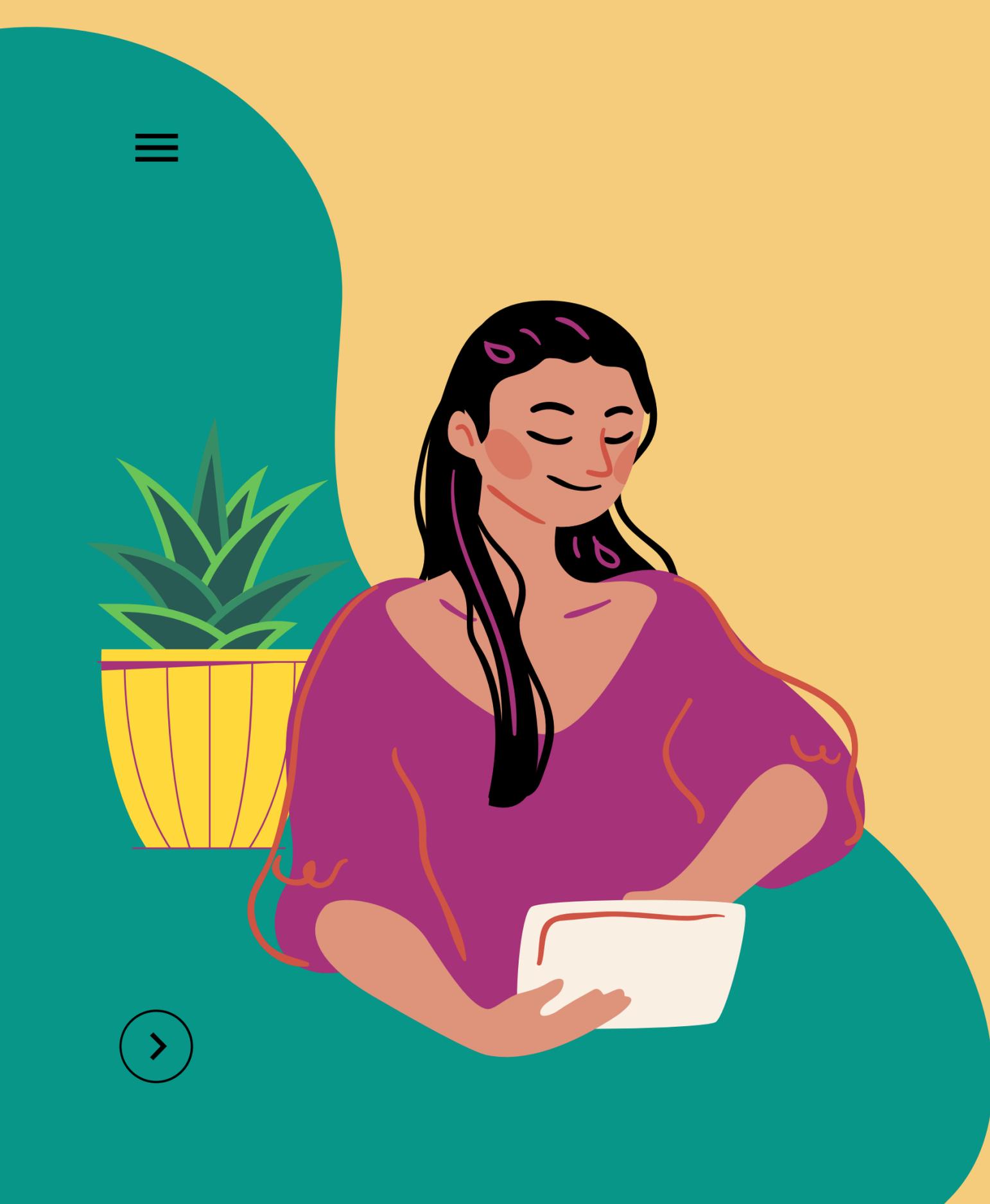
# RE-ASSESS YOUR TO-DO LISTS.

## BE REALISTIC & INTENTIONAL

Keep track of all assignments on a monthly, weekly, or daily basis.

Think about - 'What is my intention for achieving this right now?'

Update frequently so to-do's don't pile up.





# CUT OUT THINGS THAT ADD TO YOUR STRESS

Sometimes, the best way to reduce your stress and negativity is to cut something out of your life.

Get rid of the things that are adding to your stress so you can experience more peace.





# TRY ACTIVITIES YOU CAN ADD TO YOUR ROUTINE TO STRENGTHEN POSITIVE THINKING.

TRIAL AND ERROR TO DISCOVER WHAT THAT IS.

## Journaling

Jot down what you're grateful for.

## Meditation

Take a few minutes to do exercises.

## Exercise

Strive to get at least 30 minutes of physical exercise.



# MAKE ROOM FOR FLEXIBILITY.

Developing positive thinking takes time.

Be aware of the mental chatter in your head. And distract it.

Don't be too hard on yourself if you miss doing your routine. Adjust as needed and try again.



# Check out

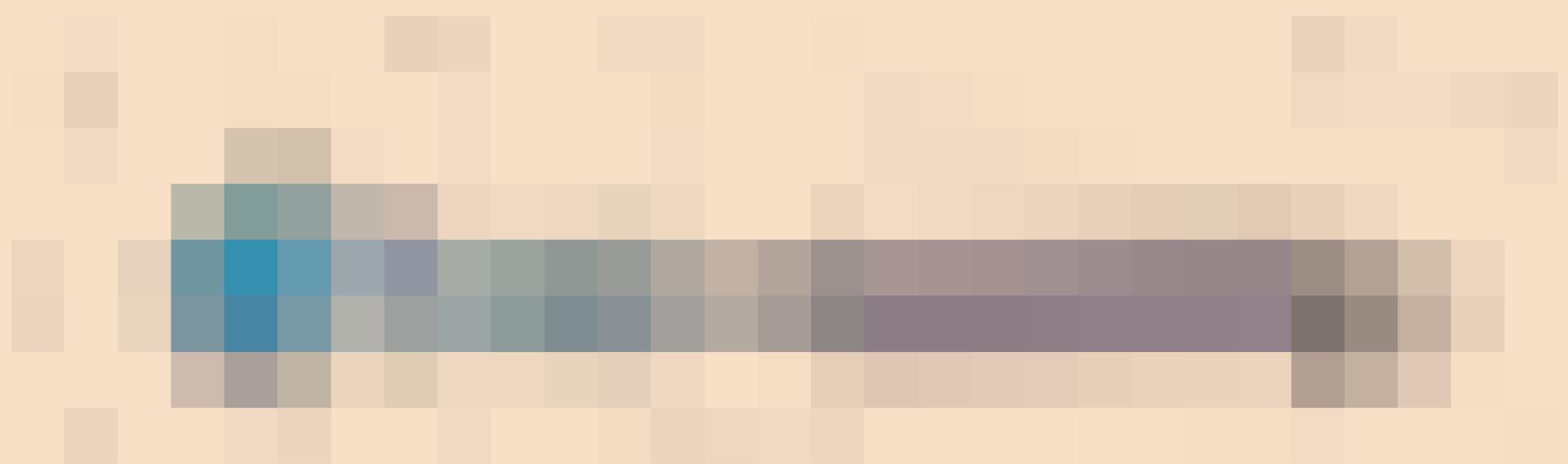
# 100 Positive Thinking Exercises

<https://tableforchange.com/100-positive-thinking-exercises/>

See it from another point of view. Change your pattern of thought by trying to see things from another point of view

Keep track of your thoughts. When you catch yourself thinking negative thoughts, try jotting them down. You may find a pattern and figure out some ways to reverse how you're seeing yourself or negative situations.

Don't dwell. So you made a mistake. It happens to everyone. Make peace with yourself and move on to other projects.



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