**Discover the 2 Major tools to remove Negativity from your life.**

Let’s turn this around and reframe this as HOW to bring more positivity into your life.

**The way forward is a positive thought followed by an action.**

Do you actually have a desire to improve your thought patterns and catch yourself when you slip back into old habitual ways of thinking?

Would you like to be that person who thrives on the positive aspect of life and feels confident that yes, not every single day is going to be on a high, but that’s okay as you have the tools to get right back on track?

Just take a moment and put yourself in a negative situation, maybe you are worried about money, maybe you are in a negative relationship, or even you think that you just never get the break you want to achieve success.

It’s not your fault!

We are hard wired for fight or flight. The caveman came out of the cave thinking ‘what is going to eat me today’? Probably not ‘what a beautiful day I’m going to watch if any negative thoughts enter my head and skip along the river bank’!

It is ingrained in us to automatically think the worst. Walking around with the world on our shoulders. We are however able to change our state of thinking. The cells in our body or forever changing, they die and new ones are made. An atom is 99.999999 (lot of 9’s) empty space. To put that into context that is like a peanut in a football field! Crazy isn’t it!

I’d like you to go back to that feeling of being in a negative situation, how does it feel?

Warm?

Comforting?

Light?

Good?

Reassuring?

Probably not.

So by making a conscious choice of our thoughts reflects hugley on how we internalise it and act on them.

I love animals, especially horses and dogs. I left home at 16 to work in a private horse yard. Part of my responsibilities was to exercise the owners horses. I was riding a beautiful big grey gelding called Milton. Yes like the famous show jumper Milton, my Milton thought he was a show jumper too!

We were riding in a wood and these horses were green, meaning that they had the winter off from working and were back on their training program, so they were full of fresh sweet grass, full of beans!

In the wood was a big tree that had fallen, the trunk was huge. One rider kicked her horse on to jump it, then the second rider did the same. No discussing it, they just did it.

So Milton kicked his heels up and went after them,me holding on for dear life, only he didn’t stop after he jumped the tree, he went thicker and thicker into the woods. I tried all the tricks in the book to stop him but nothing worked, he had got the bit between hos teeth and was off.

It all went into slow motion.

A tree was rapidly approaching us, ‘this is it’, I thought. He went one way, I the other and crack. I had broken my humerus bone just under the ball and socket joint in my arm in 2 places.

I was sent home.

I hurt like hell.

For a good few days I was in a painkiller drug haze. But when I was up and about it was my mindset that kept me joyful.

I spent time with my mum and I always remember we went for a walk along the country lane and it started to rain and we looked up and saw the most beautiful rainbow.

Even today when I see a rainbow it always reminds me that no matter how crappy life may seem there is always something good that will come.

I soon returned to the yard, got to pick which horse I wanted to get my confidence back with. Kipper was his name, a thoroughbred boy which we ended up galloping around fields and a cross country course together. I loved him.

This leads me nicely to tool number 1.

**Squirrels**

You what - you may ask?!

It may be helpful to find a partner to work with on this as it is fun. If it isn’t fun, we aren’t going to do it!

Catch yourself when you say or think something negative.

Don’t beat yourself up when you do though, just be aware of it, then say to yourself ‘cancel that’. Use your partner to discuss how many times and what circumstance in your day that you catch yourself out.

Why squirrels? Because your mind likes to keep you in a familiar place, it doesn’t like change too much, it will challenge you. Your mind may drift off and fall into the thinking of ‘oh I wish I had such and such’, or ‘ why can’t I get anything right’? Guess what..squirrels!! The mind can zoom from one thought to the next in seconds and we are left thinking..what did I just think (hope you are keeping up!?)

Replace that negative thought with something good, something you are grateful for. Change ‘I wish I had’, to ‘I am so grateful to have….’ and ‘why can’t I get anything right’, to ‘ I have managed to do x, y or z today’.

Ok tool number 2

**Be mindful of your words.**

You may be surprised to learn that words have immense power. Google it, there are over 700 plus power words! The negative words sneak it and undo the goodness that the power words can do.

Here are some examples;

Hope

Trying

Need

Should

Have

Must

Here is a little exercise for you to try out.

Use each word above in turn and say or think that word. Tune in to how it makes you feel. Put it into a sentence. Does that sentence make you feel good? Does it make you want to achieve the action?

I **hope** it doesn’t rain tomorrow - if it does or doesnt does it matter?

I am **trying** to launch my business - do that make you feel in control, positive?

You **need** to do the washing up - do I really?!

You really **should** stop doing that - I should but I won’t!

I’ve really got to **have** that car - sound a bit needy and pushy?

I **must** loose a few pounds in weight - puts a pressure on you don’t you think?

Each word has an opposite. By consciously not using these words changes the vibration of your words. Which in turn will shift your energy, which will make you feel better..and who doesn’t want to feel GOOD?!

Some examples of power words;

Decadent

Easy

Impressive

Exciting

Best

**Those are your 2 major tools to eliminate negativity from your life. The squirrels and words!**

There is plenty more I can share with you. Keep upto date with news via my facebook page, group or my instagram.

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