

POSITIVE THINKING

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IF YOU
(CAN'T
LET GO OF THE
THINGS THAT
WEIGH YOU DOWN
THEN THERE
IS NO WAY
TO WELCOME
THE THINGS THAT
COULD LIFT YOU .
up.

Di Riseborough
FIND YOUR
COURAGE
Intuitive Life Strategist

**THE 7
PRINCIPLES
OF
THINKING
POSITIVELY**

DON'T PLAY THE VICTIM YOU CREATE YOUR LIFE TAKE RESPONSIBILITY

**Ex 1: write down a life situation/event
where you were done wrong**

- ⦿ The way you think and behave/act
- ⦿ Even if your living situation becomes unbearable, there is always a way out
- ⦿ You will always have the choice to make change happen, if need be

IDENTIFY AREAS TO CHANGE

Identify areas of your life that you typically think negatively about, for example, work, your daily commute or a relationship

Start small by focusing on one area to approach in a more positive way

SURROUND YOURSELF WITH POSITIVE PEOPLE

- ⦿ Talk or call a family member/friend who you know can give you constructive, yet loving feedback
- ⦿ When you're stuck in a negative spiral, talk to people who can put things into perspective and won't feed your negative thinking

POST-IT NOTES

- ◉ Watch your thoughts, they become words
- ◉ Watch your words, they become actions.
- ◉ Watch your actions, they become habits.
- ◉ Watch your habits, they become your character.
- ◉ Watch your character, it becomes your destiny.

Within you there is a stillness and a sanctuary to which
you can retreat at any time and be yourself

"Hermann Hesse, Siddhartha"



Think different.

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Because the
people who
are crazy enough
to think they can
change the world
are the ones
who do.



HELP SOMEONE

- ⦿ Take the focus away from you and do something nice for another person
- ⦿ Random acts of kindness
- ⦿ This will **take your my mind off of things** and you will feel better for helping someone else

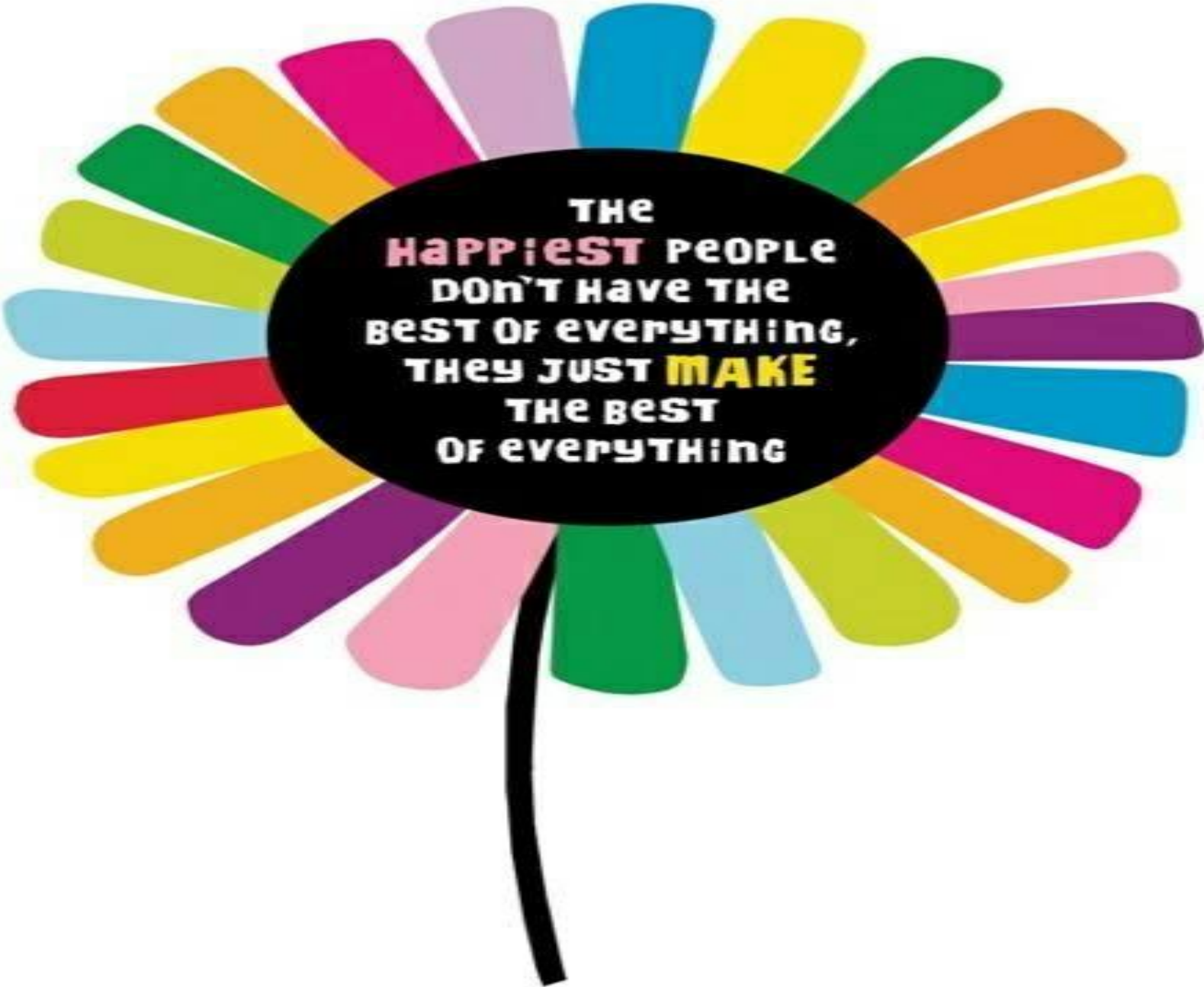
BE OPEN TO HUMOR

- ◉ Give yourself permission to smile or laugh, especially during difficult times
- ◉ Seek humor in everyday happenings
- ◉ When you can laugh at life, you feel less stressed.

GRATITUDE

Ex. 2: List five things that you are grateful for right now

- ⦿ Being grateful helps appreciate what you already have



THE
HAPPIEST PEOPLE
DON'T HAVE THE
BEST OF EVERYTHING,
THEY JUST **MAKE**
THE BEST
OF EVERYTHING