



21 Ways to Promote Positive Thinking

by David Koutsoukis

1. **Positive Affirmation** – say a phrase that reminds you to be more positive e.g. “I’ve got Kefi! You’ve got Kefi. We’ve all got Kefi!” (Kefi means ‘Zest for Life’)
2. **Sticky Message** – have a reminder phrase on a wristband or postcard. e.g. ‘I’ve got Kefi’ wristbands and postcards
3. **Positive Exclamation** – say a word out loud that triggers happy feelings – e.g. Greeks say OPA! or Bravo!
4. **Positive Quotes** – say an energizing quote to yourself e.g. “If it’s to be, it’s up to me!”
5. **Positive Songs** – play a song that gives you a lift.
6. **Uplifting Tunes** – identify an instrumental tune that instantly gives you a lift – play, hum or whistle it.
7. **Inspirational Poem** – read an uplifting poem or piece of prose.
8. **Positive Ringtones or Alarm** – make your ringtone or alarm a tune that gives you a lift.
9. **Positive Moments** – think about the best thing that’s happened to you in the last week/month/year.
10. **Positive Memories** – close your eyes and think about one of the happiest moments in your life (e.g. sporting achievement, birth of a child).
11. **Positive Places** – identify a place you have been that was very uplifting (e.g. holiday location) – close your eyes and imagine you are there.
12. **Positive Activities** – do something that gives you a mental lift you e.g. playing a musical instrument, sporting activity, exercise.
13. **Positive Pastimes** – do something that takes you to ‘another world’ e.g. surfing, fishing, boating, horse riding.
14. **Positive Environments** – identify a place you can go to that gives you a mental lift e.g. beach, ocean, river, lake, mountains, snow, forest. Make a plan to go there soon.
15. **Funny Video Clips** – watch funny videos on YouTube. Bookmark your favourites.
16. **Funny Movie or TV Show** - identify TV comedy show/series or movie that gives you a lift. Keep the DVD handy in case of emergency!
17. **Positive Words** – use uplifting words like ‘sensational’, ‘magnificent’ or ‘yeah baby!’
18. **Positive People** – find a positive person to hang out with.
19. **Positive Visualization** – close your eyes and visualize yourself achieving one of your goals.
20. **Positive Images** – surround yourself with positive images and affirmations e.g. inspirational posters.
21. **Get Some Sunlight** – Give yourself a dose of serotonin and vitamin D by standing in the sun for a few minutes. Enjoy the warmth on your skin.

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