

10 Positive Views to Choose

There is a wonderful feeling that comes from shifting focus from choosing to focus on the problems in life to choosing to focus on the positives.

When you take the positive view:

- You still live in reality but choose to live a better way.
- You create more positive things happening.
- You have more fulfilling relationships with family, friends, colleagues and others.

What happens until you make this shift:

- Nothing is good enough, especially yourself.
- You attract problems like bees to honey.

This shift may take time, development, and support, but when you get there, you will notice that you are doing it with ease – and great results.

Make the shift:

1. From feeling that you don't have enough to being enormously grateful
2. From spinning your wheels to getting in the right gear for forward movement
3. From avoiding feelings (yours and others) to getting inside them (however messy) to reach a better place of understanding and appreciation
4. From just getting by to having a healthy reserve of time, love, money, and space
5. From fighting, resisting, and denying the circumstances, problems, and disturbances in life to realizing that you had something to do with whatever is happening – and therefore can have a hand in making things better
6. From doubting yourself to trusting your inklings and intuition
7. From being complacent to making the choice to be fully alive – personally and professionally
8. From being passive and waiting to initiating
9. From thinking you're alone to developing a relationship with God, self, spirit, soul, nature (or whatever works for you)
10. From putting everyone else first to becoming healthfully selfish

Are you ready to start choosing to see the positive over the problems? Email Deborah at headcoach@myjewishcoach.com or call her at 516-569-7137 to get started.