Stop the Negativity and Start Empowering Yourself

Is negativity holding you back from making it?

Negativity sabotages success! Why allow your mind something you have the power to be in control of, to sabotage you from making life work for you? Problematic thinking does not have to impact you negatively. You have the power to be peaceful through the mind chaos while you allow the negative thoughts to come and pass. Be the observer of the thoughts, don't claim them. This is one way to begin to overcome the mental chaos negativity brings on.

When negativity tries to creep in and stress you out, stop, reflect, and ask yourself:

•   What am I perceiving as negative?

•   Why am I making this negative?

•   How can I perceive this more beneficially?

Having a guided thought pattern through asking the right questions helps gain clarity when the mind tries to take over. React and make something negative instead of pausing and pondering on the right guided thought pattern and responding accordingly. The questions above will assist you with building a positive outlook by gaining clarity on where the negativity is trying to creep in.

When something triggers you negatively, if you allow the mind to react in the same way it always has, and if that happens to be negative most times, this will lead to continual negative thought patterns, followed by miserable feelings. Leaving you in a cycle of negativity. However, you have the power of choice as to how you let negative thoughts affect you. It's all in how you choose to perceive the thought and act on it. If you continue to react as you have in the past, negativity will most likely continue to be a part of your experience; however, if you take a step back and reflect on the right way of thinking and on questions such as the ones suggested above, you can change the way you reacted in the past by choosing to respond differently and not have the negativity impact you as it usually would. This is how you empower yourself to stop the negativity of the mind that is trying to sabotage life working in your favor. Switch up the habitual negative perception and chose to perceive your thoughts in a new way if negativity keeps creeping into your mental state. Where attention goes energy flows, therefore whatever you give your attention to is what will grow and manifest. More about that later. However, you want to try and keep beneficial thoughts in your mind rather than negative ones that hinder your success.

Before I realized the power of my mind through the power of choice, negativity played a big role in my hindrance to making it. Over a decade ago many people would tell me I should write a book because I have lots to teach and have made a powerful impact in their lives. First, my habitual negative thought process shot out thoughts such as "I can't write a book!" There are so many professional authors out there who teach what I do, and they got it covered!" No one will

read a book I write! "No way!" Second came the overthinking with all the wrong questions and negative self-sabotage. Examples of the questions to pop up in the mind were "why would anyone ever read what I write?" "What if no one likes my content?" "What if I get bad reviews?" "What if I fail?" Then lastly was that I would go onto thinking about how horrible the failure would feel if my book did not sell or do well, and how life would be so bad, etc. The mind had already prefabricated a negative outcome and I had talked myself out of possibly making it as an author within two minutes of negative thinking. I wish now, a decade later and four books in, that I had listened to the people who had faith in me and not my negative habitual mindset.

Once I started deliberately guiding my thoughts in the right direction and asking the right questions, such as the ones above, my life took a turn for the better. Negativity was a thing of the past that I had control of and the power of choice as to if I let anything impact me negatively. Once I got clarity and regained faith in myself, books just started to flow themselves and here I am happy and content with my position in life today. Working on my mental alignment so nothing has the power to keep me down negatively or stop me from making life work for me. The journey so far has been thrilling. That is why I share this wisdom with you There is no reason you cannot make life work for you too.

Negative thinking is a choice. Now I am not saying it is easy to overcome the negativity that stems from the ego, however with the right awareness you have the ability to empower yourself with a more positive paradigm which will in turn bring on positive feelings, which will change the cycle from what you used to know as negative to one of positivity and empowerment. Keep reading to discover how to change a negative into a positive so challenges do not break you.