

## **POSITIVE THINKING & BEHAVIOUR**

### ***Tools and Techniques***

*The following are a selection of tools and techniques that may prove useful in thinking and behaving more positively.*

#### *Asking 'why not?'*

Sometimes, just by asking 'why not?' as opposed to 'why' changes your mindset, opens doors and allows you to explore areas you may not otherwise consider (see also *Combating Self-Limiting Beliefs*).

If you find yourself saying 'I can't', try turning it around and asking 'why can't I?' or even 'How can I?' This creates distance between you and the goal you are trying to achieve, which gives you a slightly more objective viewpoint. This may be sufficient to allow you to achieve the goal.

The more frequently you use this technique and the more open your questions, the more open your thinking and the more relaxed your behaviour. Your demeanour becomes one of open curiosity, rather than closed pessimism, and this is a wonderful mindset to adopt on your journey through life.

#### *Using words to boost your mental state*

Words can mean the difference between you achieving and not achieving. This is because words put a different spin on your experiences, having the power to either minimise or exaggerate the issue.

In neuro-linguistic programming (NLP), a branch of personal development that looks at how our minds can be re-programmed such that negative habits are unlearned, this is called reframing. Reframing means either using different thinking patterns or alternative words to put situations into a different perspective.

An example of this may be to use the word 'challenge' or 'issue' rather than 'problem' to reduce the magnitude of the experience. It is important to remember that the words you use will either empower you or make you a victim.

#### *EXERCISE*

*A useful exercise is to divide a piece of paper in half and write the negative words you tend to use on the left hand side, and their corresponding, more positive alternatives on the right. For example you may write 'problem' on the left and 'challenge' on the right, or 'I can't' on the left and 'how can I' on the right*

#### *Positive affirmations*

Positive affirmations are short, positive sayings designed to keep you upbeat, put things in a more favourable light and to give you hope for the future. By using positive affirmations on a regular basis (and not just when you need them), you will find your mindset becoming more open. An example of a positive affirmation is 'I always do the best I can with the resources I have'.