

Start positive and change your life!



*If you can imagine it
you can achieve it!*

It is clearly understood, and accepted, that what we put into our bodies has an effect on us, long term and, even, in the short term. For example, if we don't drink enough water during the day, our bodies will physically and mentally slow down. A simple 2% drop in body water can trigger fuzzy short-term memory, trouble with basic maths, and difficulty focusing on a computer screen or a printed page. This lack of water can also be interpreted as hunger, so we dive for the fridge when we should be going for the tap!

The same principle applies to what we put into our minds, whether listening, looking or hearing. A mind filled with negative thoughts is going to think in a negative way, be insular and be afraid of taking decisions. Negative thoughts have a physical effect on the body. Take a golfer who messes up yet another shot: the shoulders drop, the head is lowered, the walk becomes slower, the muscles tense and the next shot becomes harder! Now take a golfer who hits a great ball: the head is up, the shoulders back, the stride to the ball becomes purposeful and the next shot is approached in a very positive way!!

The media only ever bombard us with negative news. We have been deluged with negative economic news over the last 18 months; in some cases the news would make anyone reading, watching or listening to it first thing in the morning want to crawl back into bed. **But we don't have to accept it.** I'm not suggesting we should hide ourselves away from the world; but choose carefully what we allow into our minds and when.

Start each day with positive thoughts and they **will make a difference** to the decisions you make throughout the day and how you make those decisions. Avoid picking up the newspaper or watching/listening to the news first thing in the morning, put something into your mind that inspires you, makes you smile, leaves you in awe, or just something that you associate with a very positive memory.

I'd like to set you a challenge. For the next week, first thing in the morning, read the newspaper, watch and listen to the news and, each day, really assess whether your life '**needed**' what you've taken in, would you '**really**' be missing anything if you'd not taken it in and how do you '**really feel**' once you've taken it in? Positive or negative???

Then each day for the following two weeks, first thing in the morning, start each day with images that inspire you, make you smile or leave you in awe. Start each day listening to music that inspires you, makes you want to stop what you're doing and just absorb it or is associated with a very positive memory. Now assess how you feel – positive or negative???. Did you '**really**' miss out on anything '**really important**'?

Now you start each day with **positive thoughts**, assess how your decisions have changed to be much more positive, quicker and with better outcomes. I would be very interested to hear your views once you've done it.

What we want to achieve starts with the thought process. Make that thought process **positive** and your **achievements** will **increase**.



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Avalon Solutions coaches organisations and their people, resulting in a more efficient and customer focused organisation, decreasing costs, increasing profit and retaining clients.

Stewart Graham has managed organisations at the highest level for over 15 years. He has been a business mentor and speaker to Investor in People Assessors. He is a regular speaker at events on successful pitching, successful networking, selling more with little effort and presenting to be remembered.