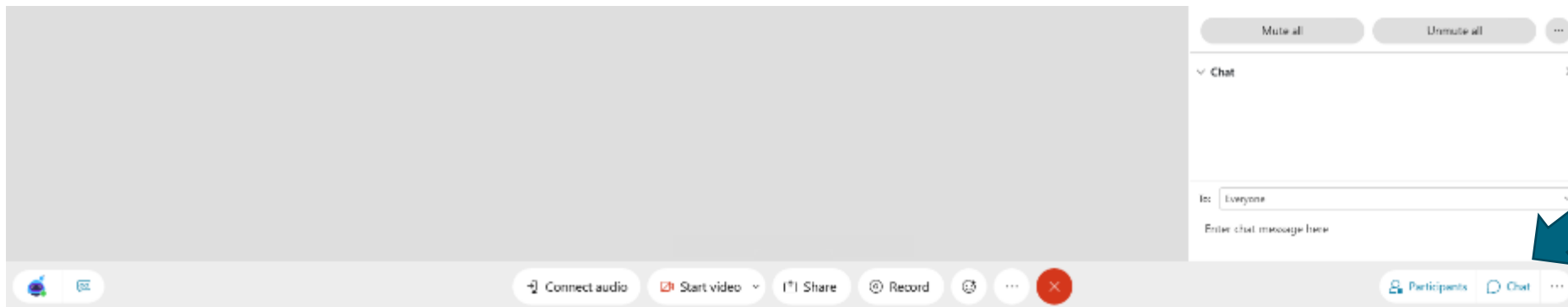


The Power of Positive Thinking: *Becoming Your Best Self*

Taught by Healthy@Harris
Employee Wellness Team

Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop per day. Confirm your employee ID is entered correctly when registering for Employee Wellness activities. Please allow up to 4 weeks for 50 Premium Points to be reflected in MyCigna.



Employee Wellness Team



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Learning Objectives

- What is positive thinking and the benefits of positive thinking?
- How do you re-imagine your thoughts?
- The role of reframing and positive affirmations
- The role of purpose and setting goals
- Why you need to embrace challenges?

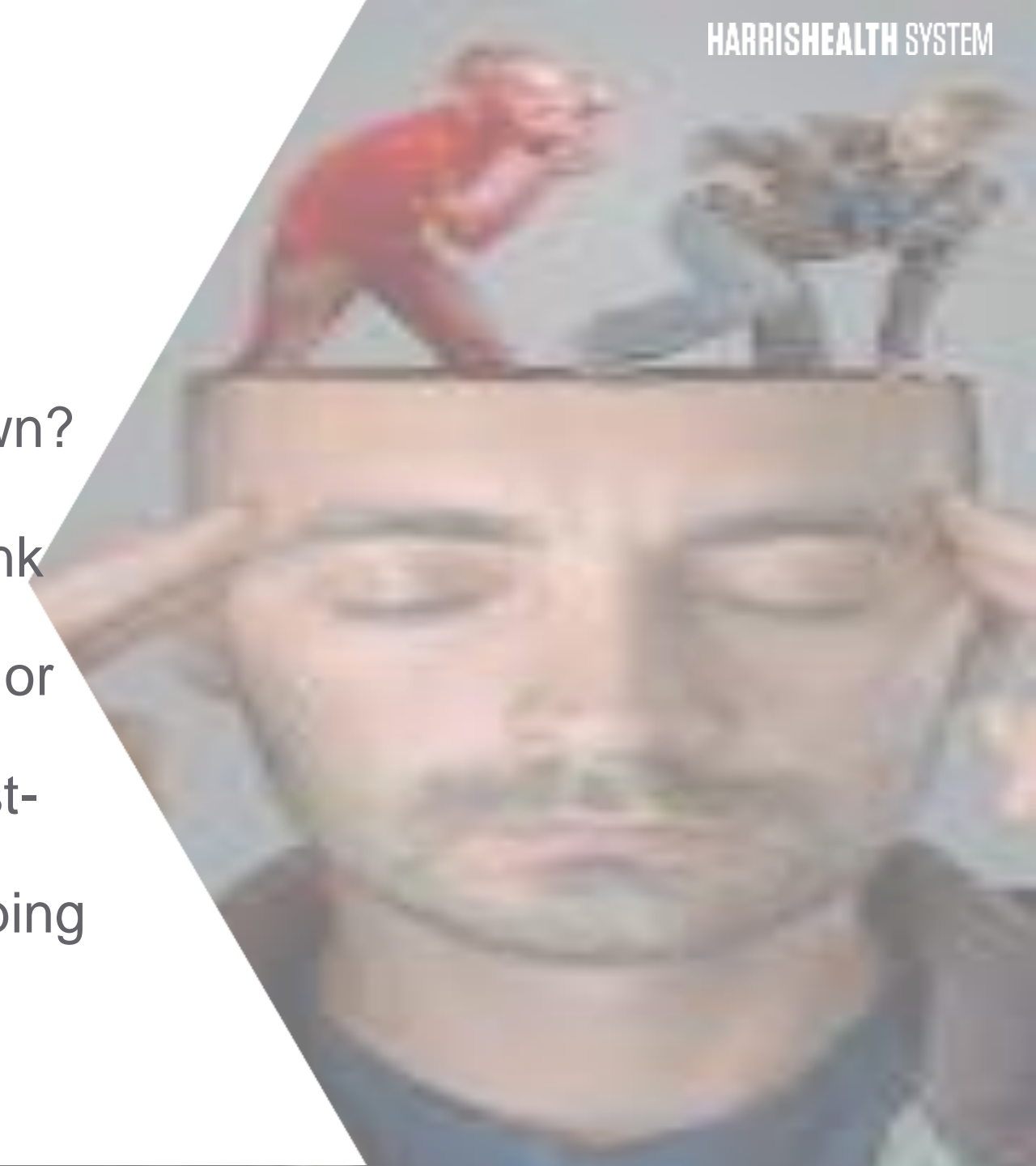
“The secret of a better and more successful life is to cast out those old, dead, unhealthy thoughts. Substitute for them new vital, dynamic faith thoughts. You can depend upon it—an inflow of new thought will remake you and your life.”

- Norman V. Peale

Audit of the War in Your Mind

- **Defense**

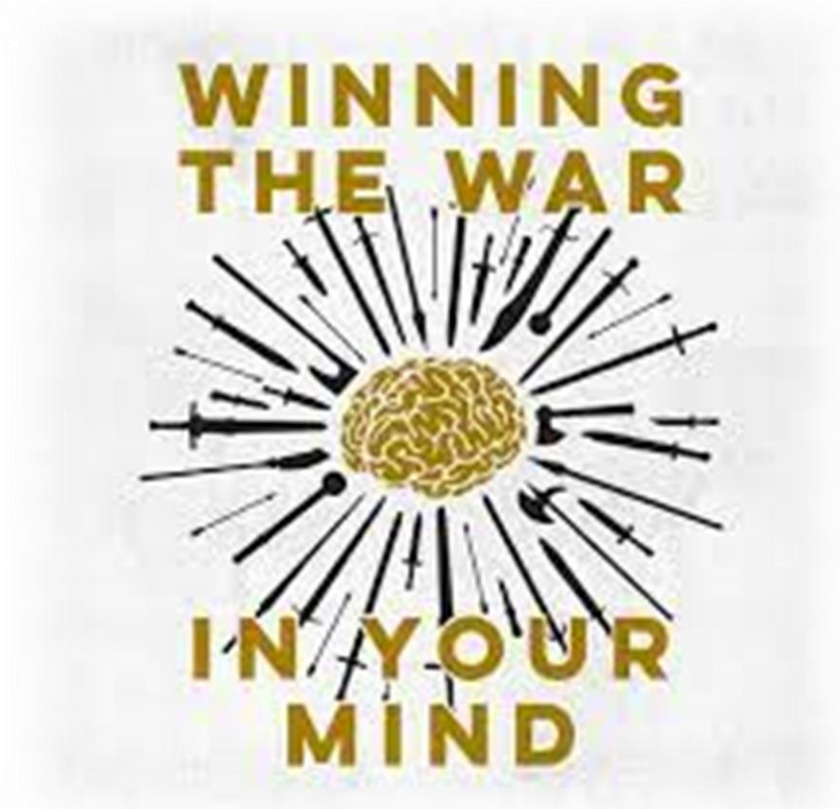
- Are my thoughts tearing me down?
- Do I think worried thoughts?
- Does my self talk make me shrink back in fear?
- Are my thoughts negative, toxic or self-debilitating?
- Do I lean toward imagining worst-case scenarios?
- Are my unhealthy thoughts keeping me from the life I want?



Audit of the War in Your Mind

- **Offense**

- Are my thoughts building me up?
- Do I think peaceful thoughts?
- Does my self-talk inspire me to take faith walks?
- Do they inspire me to believe I can make an impact in the world?
- Do my thoughts connect me to the vision I have for my life?



Positive Thinking

- An optimistic attitude
- Practice of focusing on the good in any situation
- Can impacts physical and mental health



Physical Benefits of Positive Thinking

- **Better physical health**
- **Longer life span**
- **Better stress management**
- **Lower blood pressure**
- **Lower chance of heart disease-related death**
- **Greater resistance to the common cold**

Mental Benefits of Positive Thinking

- **Better mood**
- **Better coping skills**
- **Less depression**
- **More creativity**
- **Clearer thinking**

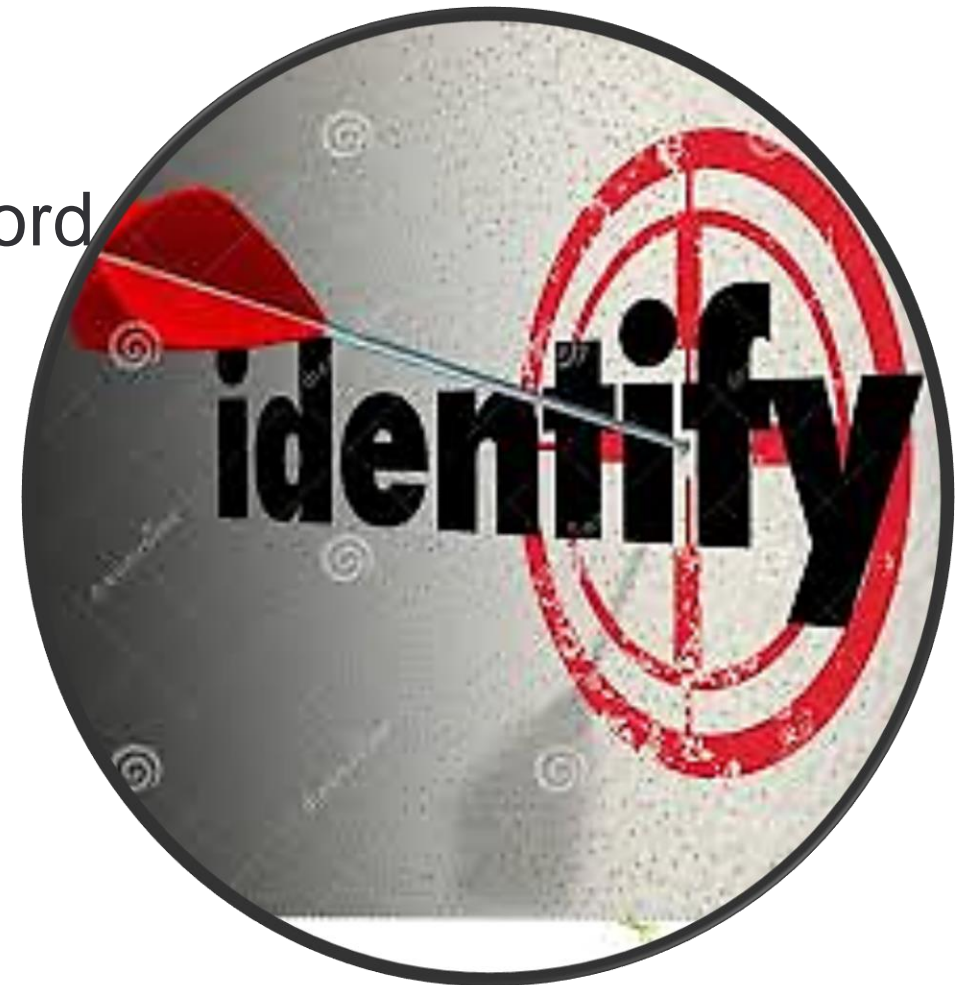


How to Become your Best Self

1. Identify the lies you believe
2. Replace old lies with new truths
3. Declare new channels of truth
4. Reframe your situation
5. Change your perspective
6. Think BIGGER
7. Motivate yourself and seek purpose
8. Set goals for yourself and take action
9. Spend your time wisely
10. Embrace new challenges

1. Identify the Lies You Believe

- Take stock of your thoughts
- Write them down/ type them out/ record them
- Be honest with yourself
- Evaluate if your thoughts are more negative VS positive



2. Replace Old Lies with New Truths

- Remove the lie and replace with a truth
- Make a list of those lies and now insert with something positive



3. Declare New Channels of Truth



- Create new channels of truth
- Replace with a new habit
- Program a new neural pathway

4. Reframe your Situation

- Some things you cannot control, but learn to change how you react to issues in a positive manner
- Change how you react
 - Reactive vs Proactive
- Take charge of your life

Reframing

Instead of saying...	Try....
If only	I will
They won't allow	I can create
He makes me so mad	I control my own feelings
I can't	I choose
There is nothing I can do	Let me look at the alternatives
I must	I prefer
That's just the way I am	I can try something different

5. Change your Perspective

- Change perspective through means of meditation and/or other spiritual/religious means
- Take deep breaths
- Say daily affirmations and/or mantras
- Express feelings of gratitude



Positive Affirmations



- I'm amazing!
- I am putting in work and will see great results!
- It is okay if things have not gone my way thus far, but it shall get better.
- I got this!
- I can. I will. End of story!
- Can't nobody hold me down!

6. Think Bigger

- **It allows you to see the big picture**
- **Determines what you do practically & the self image you have of yourself**
- **You have to think positively and know that you can achieve ANYTHING you want**
- **Subconsciously with positive thoughts, you can work towards becoming the best version of your desired self.**

7. Motivate yourself and seek purpose

- Purpose:
 - Using your strengths to live with keeping our values and positively impacting the lives of others
- Remember your why
- When faced with a choice, choose the path that causes you to grow



8. Set goals for yourself and take action

- Tie everything you do to a goal
 - Write out or type out your goals
 - Be specific (include specific time period)
- Take one step at a time, giving each step your full attention
- Self-discipline
 - Consistency and persistency is key



9. Spend your time wisely

- Spend more time on activities that will mold you into a better individual
- Eliminate distractions or trivial activities
- Delegate tasks
- Consistent concentrated commitment
- Time management skills are essential



10. Take Up New Challenges

- Never be afraid of failure
- These challenges can mold you into a better person
- Growth is never ending
- Do not give up
- You can discover your strengths

Believe IN YOURSELF.

Have faith in your abilities.
Without a humble but reasonable
confidence in your own powers
you cannot be
successful or happy.

-Norman Vincent Peale

Recommended Book Resources

- Winning the War in Your Head by Craig Groeschel
- Power of Positive Thinking by Norman Vincent Peale
- 7 Effective Habits of Highly Effective People by Stephen R. Covey

Contact Us!

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Caring for ourselves so we can care for others

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