

# 5 Super Easy Exercises to Creating a Positive Life!



***“In order to carry a positive action we must develop here a positive vision.” – Dalai Lama***

## **Stepping Up to the Plate**

You're probably familiar with the saying 'what you think you create' but how can you seriously filter every bad thought? There is a way, I promise. But before we delve into the amazing powers each of us possess, we have to get one thing straight...

There's only one person responsible for what you think and do and that's YOU.

If the thought of being the creator of your reality scares the willies out of you, then read on...

## **The Freedom to Be Happy**

Can you remember learning how to swim or ride a bike? Can you see how determined you were to succeed because you knew the pay-off was going to be huge?

You may have started off with water-wings, splashing about aimlessly– gulping in water – or peddling your heart out whilst trying to maintain your balance even with the training wheels on! But that child never gave up.

Then what came next once the wheels were removed? Probably scrapes and bruises the first week but did that deter you? Did you give up then? Probably not. You wanted to ride! You were hell-bent on feeling the wind on your face and the freedom that would bring with it.

Same goes for swimming – gliding about in the water refreshes and frees your body of weight. You knew that swimming was going to be the biggest trip ever!

Where am I going with this? Your thoughts need training wheels/water-wings if you want to experience the same freedom from negative thought. And here's how you're going to do it..

### **Getting Real Right NOW**

Here are a few things you can start to do today to become more aware and proactive with your thoughts:

- **Morning Motivation** – When you wake up, give yourself 5-10 minutes to think about what how you want to see this day play out. See if you can catch any worrisome or negative thoughts before they take hold of the exercise. Put up a **STOP sign** in your mind and gently kick those blighters to the curb. Then bring your focus back to visualizing your positive day ahead. Try to smile and see/feel yourself enjoying this bright new day. Emotions back your thoughts into manifestation.

**Read related article:** [How Good Are You Out of Bed?](#)

- **Mind Mangle Cleanse** – During the day (if you are but a mere mortal) you will probably find yourself slipping into worry, blame, anger, despair and an array of other harmful mind banter. You may even find that your head is throbbing because of all the distorted ‘mind mangling’ that’s going on up there. Here’s your chance to hold up that **STOP sign** again and see if you can look at things from a different perspective. Most of what we worry about never comes to pass and most judgments/situations when seen from a different angle can evoke empathy instead of anger. See if you can alchemize your thinking – in other words, find the treasure in the trash. **Read related article:** [3 Ways to Alchemize Chaos](#)
- **Marrying the Mind** – When you start to get a hold on your thought stream and just how much power you DO have over it, you can start to have a better relationship with your thinking. You are now in control and you can focus your inner dialogue on what serves you instead of calling in all the unwanted experiences. Start your affirmations off with a strong ‘I am...’. For example ‘I am going to have a great day today’, ‘I am going to have a safe trip’, etc. Try avoid the phrases ‘I desire’ or ‘I want’ because it only brings more desiring and wanting for the future. When you use ‘I am’ it is in the present tense and is happening right now not in some future timeline.
- **Re-Member** – We often get lost in ‘doing’ and not ‘being’. Try to remember all the things that make you happy and bring you joy. When you smile the world smiles with you. So, remember to feel gratitude for life, nature and the people that make your world spin. Look at every magnificent dawn or sunset as a blessing, every fragrant flower or birdsong as a gift, every smile or hug as a gesture of love and draw on those experiences when you’re in a negative frame of mind. See if you can

remove yourself from a negative situation and sit under a tree or listen to some soothing music. Seek out those small but beautiful moments in your life and embrace them. Hold them close to your chest and bring them out when you need to. It's bound to make you smile. You can always alter your reality at any time. Don't forget that. If you choose to stay in the gloom, then just know that 'this too shall pass'.

- **Over and Out** – At the end of the day, review what happened and see if you can pick out any situations that you have turned around in reality. Did you manage to have a good day? Did things turn out like you affirmed in the morning? Or close to? Or can you do better tomorrow? Keep trying and if you do see results it's going to make you more determined – just like that little tike on the bicycle, gearing up for the next day's practice. Because you know that practice makes perfect!

***“You cannot have a positive life and a negative mind.” – Joyce Meyer***

You will get a grip on your oh-so-powerful thought stream and you'll be able to eventually steer those thoughts to benefit your life in ways that will make your head spin – in a good way!

Now it's up to you to give yourself a reason to smile every day.

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Her ambition is to help you to connect with your innate gift of creativity and living the life you came here to experience by taking responsibility for your actions and becoming the co-creator of your reality.