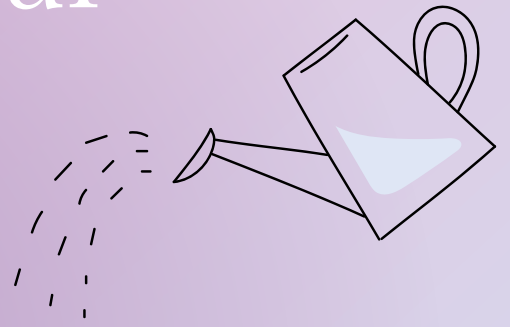


Change your  
*Life*  
by changing your  
*thoughts*



---

10 tips to help you change your life  
by changing your thoughts

---

MARIA Colgan

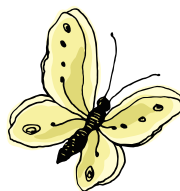
---

# Change your Life by changing your thoughts

This guide offers 10 tips to help you change your life  
by changing your thoughts.

Most of us are familiar with the idea that we get what we think. And our emotions and state of mind impact what happens to us. The better you feel and the more positive thoughts you think the better your opportunities are to have a good life. But many of us don't realise that we have an actual choice in our thoughts and that we can choose positive thoughts over negative ones. The feeling of being stuck or helpless is quite common among many people I've talked to and it's not surprising...

I'm sure you've experienced a time when you've been caught in what felt like a never ending cycle of negative thinking. Well, just as you've been caught in this negative cycle, you can also get caught in a positive one.



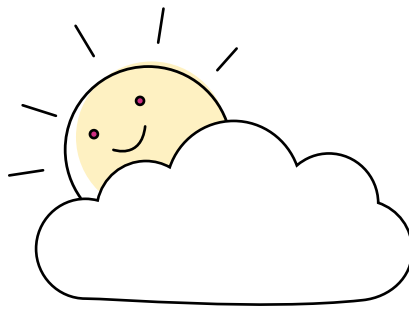
Here's a guide to help you with this.

# 1.

## Positivity is a state of mind

Know first and foremost that positivity is a state of mind. We can change this state at any point. Sometimes it can be hard to do this, especially if we've been caught in a downward spiral of negative thinking, but it can be done.

Having a positive state of mind will have a powerful impact on your mental, emotional and physical well-being. It will help get you through difficult situations in life and make you more resilient. When you are in a positive state of mind your mind is expanded and open to endless possibilities. Whereas, when you are in a negative state of mind, your mind closes, and you can't see any way out of a difficult situation.



When facing a difficult situation in life and you choose to think positively you automatically find solutions to your problems. Positivity also encourages healthy emotions which brings out the best in you. Neuroscience tells us that a positive state of mind will directly impact your mood and energy.

So remember: Positivity is a state of mind that **You** have the **Power** to **Change**.

## 2.

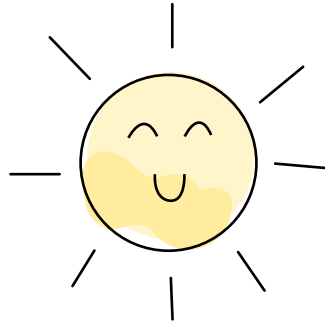
### Recognise the benefits positive thinking brings to your life

When you choose positive thoughts over negative ones you stop being a victim and you begin to take control of your life.

It gives you better social skills by allowing you to interact better and develop more meaningful relationships.

It allows you see more solutions and options to problems and obstacles.

It has a positive impact on your overall health and wellbeing.



You have increased energy levels.

Positivity breeds positivity; the more you choose to be positive the more you will automatically choose positive thoughts.

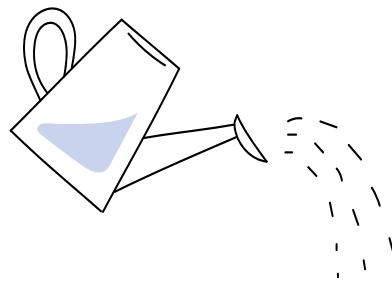
The more you practice choosing to be positive during difficult times the more resilient you become.



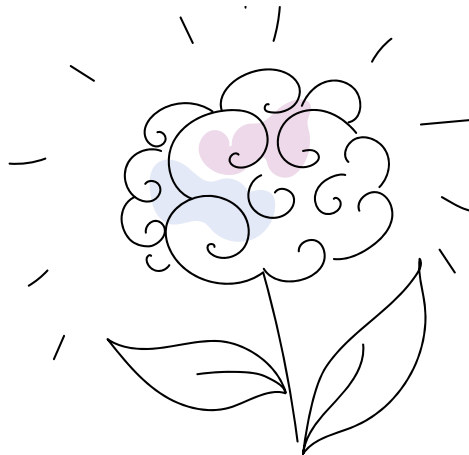
### 3.

## You can choose the positive over the negative

Negative thinking drains your energy and makes you feel down or low. It has a negative impact on your body, stops you from being in the present moment and affects your relationships and social skills. It also affects your overall happiness. The more you give in to your negative thoughts the stronger they become. They over take your mind until it is full of energy draining thoughts.



But you have a choice!



You can choose the positive or negative. It may not seem like this at times, but you can do it. Empower yourself by taking full responsibility for your thoughts. If you are caught in a cycle of negative thinking, you need to break this pattern. Pay attention to your thought patterns and notice the negative ones. Then try to replace them with positive ones. This requires awareness and practice but once you put this small little practice in place for a day, then another day, and another you'll find yourself being automatically able to choose the positive over the negative.

4.

## You don't have to be permanently in a state of positive thinking

Don't beat yourself up if you lose the battle with your thoughts. It happens to us all. We all give over to despair and negative thinking every now and then. But the victory is when you notice this, and you switch. There will always be times when things go wrong, and you get fed up. This is life. It can be very hard. It's almost impossible to maintain a happy and cheerful outlook always.

The key to success is to dust yourself off after having a bad day and get back on the bandwagon of choosing the positive over the negative. If you stay too long with the negative it can pull you back into the vicious cycle of negative thinking, which can be hard to break. So when you are down, don't stay there for too long.



### The trick is to catch yourself when you are down!

And when you do this, you can switch to the positive. All we are doing is breaking the pattern or the cycle of negative thinking. So it's fine to have bad days, and bad thoughts, but just don't stay there. Notice it, make the necessary changes in your thought pattern and move on to something that brings you joy. A tip here is that when you catch yourself in a negative thought pattern put your focus on something outside of yourself such as an activity that you like.

## 5.

### Clear your thoughts

Clearing your thoughts is a way of neutralising the mind. It's a freeing up of all the mind chatter and allowing awareness to develop. Considering we have about 60,000 thoughts that pass through our mind in a day this isn't an easy job. However, when we clear our mind of the endless amount of thoughts, we are giving ourselves the opportunity to clear out the rubbish and to bring some peace and clarity to our mind.

Having a clearer mind allows you the space to be more mindful of your thoughts, which allows you to choose more positive thoughts. The best way to clear the mind of thought is to meditate every day for about a few minutes. If you find meditation difficult, don't worry, with a bit of patience and practice you'll come to love it. If you can't meditate by yourself find a class where you can meditate with other people. Meditating with a group is a great way to keep you going on the path of meditation.

Now, if you really struggle with the idea of meditating here's a very simple exercise that you can do instead.

Sit upright in a chair with your feet firmly on the ground, and your hands by your side or on your lap. Don't have your legs crossed!...and keep your spine straight....so no slouching!

Close your eyes and take a few deep breaths.

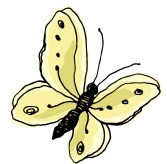
Now pay attention to your hearing.

What sounds can you hear?

Sounds immediately in the room, and then sounds further away.

Don't interpret the sounds – simply pay attention to them.

Every time your mind wanders bring them back to the sounds.



Do this exercise for five minutes in the morning and five minutes in the evening and watch how it makes a difference in your overall mindset.

Sounds a bit too simple right? Well, I'm speaking from experience that this very simple exercise changed my life completely by allowing clarity of thought to leave a disruptive relationship. So give it a try and see what it does for you.

## 6.

### Noticing the impact of negative thoughts

Everybody thinks negatively at some point or another but it's when you are caught up in a state of constant negative thinking that it becomes a problem. Thinking negatively will have an impact on how you feel, and how you behave. Start to notice each time you have a negative thought. Observe how it makes you feel and then how you act. After each cycle of thought, feeling and acting, write it down.

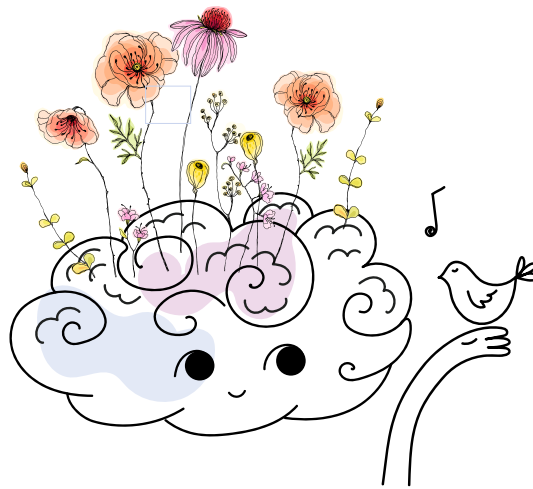


At the end of the day review each of your negative thinking cycles. You might find that there is an underlining pattern each time that is causing you to think, feel and act in a certain way. Stress is the biggest trigger of all but the beauty of this exercise is that it allows you to see exactly what is causing you stress. Doing this exercise for only a few days can have a powerful impact on how you think going forward.

# 7.

## Pay attention to your environment

Looking at your thought patterns can help you realise if there are certain triggers causing you to think negatively or if you're habitually caught up in a negative thinking pattern. Take a look at your environment as there may be things here that are causing you to think negatively.



Once you see the root cause of your negative thinking you are able to address this. That may mean confronting a loved one or a work colleague about the impact of their behaviour on you. This may feel daunting but it will also liberate you from the situation.

### **Remember:**

It may be something in your environment that is causing you to think negatively. If so, you need to address this as it won't go away of its own accord.

## 8.

### Watch out for perfectionism and idealism

Watch out for a perfectionist and idealistic mindset. Perfectionists and idealists see the world as it should be and not as it is. This creates a struggle for them as they go around continually seeing problems all around them. They have a difficult time accepting things as they are. If you have a perfectionist or idealistic view of the world you may always see the negative and things won't match up to your view of how they should be.

If things don't appear as they should then you will always feel let down or stressed trying to fix them. If you spend your time focusing so much on how things should be you lose sight of what is. This ultimately stops you from moving forward but can also leave you in a negative state of mind. Life is not perfect, and things will always get in the way, but you can choose to make the most of what you have before you.

Instead of having that constant battle over the way things should be, learn to accept things as they are.



## 9.

### Choosing to speak and hear positivity

In order to express positivity on the outside then you must speak it on the inside. In order to have a positive outlook you must speak positively to yourself. Speaking negatively or berating yourself is a definite way to stop positivity in your life. Positivity starts with you and within you. You must be kind to yourself in all situations and speak positively to yourself. If you continuously speak negatively to yourself, you will suffer low self esteem and lack confidence.

Self-talk will either support or deny progression towards your goals. If you speak to yourself in a certain way and see yourself in a certain way, then you will begin to act in this way and eventually people will see you this way also. If you continuously talk negatively on the inside then this will show on the outside and people will see you as a negative person. Choose to speak positively. Negativity will only make you feel bad and worthless. Choosing to speak positively to yourself will allow you to grow and flourish as a person. You'll start to value yourself more and your self-esteem and confidence will grow.



### Practice makes perfect

Choosing to think positively is a skill that can be learnt over time. It requires continuous practice. This continuous practice leads to awareness and awareness leads to change. Choosing to think positively doesn't mean you are ignoring what is or the difficulty of a situation. You are just approaching it differently. You are thinking differently about it, therefore acting differently towards it.

When you feel your positivity slipping and need a boost, surround yourself with positive people who uplift you. Practice positivity every day. Read positive quotes. Smile as much as you can and have fun. Life is too short to be taken so seriously.

# 10.

## Affirmations

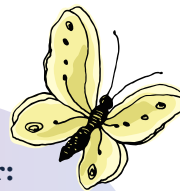
Affirmations have a powerful impact on your state of mind. They have the power to change the neural pathways in your brain if said often enough. So what is an affirmation? An affirmation is simply a statement that you say to yourself repeatedly. The statement is normally said because you don't believe the statement to be true and want to change the belief. Or you believe the statement but want to strengthen the belief.

Affirmations are a symbol of hope. You say them because you hope what you are saying comes true for you. This hope is now grounded in science.

### Introducing Neuroplasticity!

Neuroplasticity is the brain's ability to reorganise itself by forming new neural connections throughout life. Or in Max Cynader's words; "neurons that wire together fire together" and "continuity breathes connectivity". What this means simply is that we can rewire our brains. We can make new neural pathways and we can strengthen the wiring between these pathways.

Neuroplasticity is like the muscle of the brain that we can work on through repetition. When we think, feel or behave in a certain way often enough it becomes hardwired in our brain. This is how habits are formed, and this is where affirmations come in. Affirmations work on the basis of repeating these statements several times daily. They are fun and an enjoyable way to make the mindset changes you need. Think about a belief you would like to change about yourself. Write it down, and then write it as a positive statement in the present tense. Then say that affirmation daily for the next few months.



#### **Remember:**

Like meditation,  
mindfulness, coaching,  
therapy, affirmations too  
need time to take effect.

Keep going on your  
journey and they will make  
a big difference



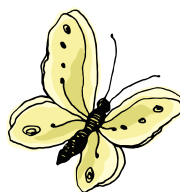
## About Me

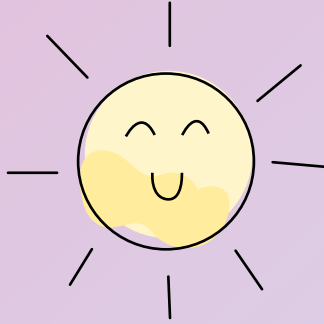


MARIA Colgan

My name is Maria, and I am a writer, coach, and meditation teacher. I am passionate about making a difference in people's lives and helping them to feel good. That's why I started the Just for today brand. The books in the Just for today series are simple but powerful. I've been using affirmations for as long as I can remember and I know they work, but sometimes it can be difficult to write your own. So I have written three for you. The first of which is Just for today...I will love myself. This book is a powerful affirmation on self-love. Self-love is the basis for a healthy life. It generates mental and emotional well-being. If people said the affirmation in this book often enough, they would undoubtedly come to love themselves fully.

The second book in the Just for today series is Just for today...I will be brave, and the third book is Just for today...I will follow my dreams. Keep an eye on my website [www.justfortoday.ie](http://www.justfortoday.ie) to find out when the second two will be released and make sure to follow me on social media for some uplifting and meaningful quotes.





“ You have the power to choose the most amazing life.  
That power is within you.  
It all starts with your thoughts.  
Choose your thoughts wisely.  
Let the negative thoughts pass through and don't attach to them.  
Train yourself to see the beauty of life and your positive  
thoughts will come naturally to you. ”

MARIA Colgan

Just for *today...*

[www.justfortoday.ie](http://www.justfortoday.ie)

© justfortoday 2022