**Conscious thinking activities**

[Developmental positive thinking activities- Enlightenmentportal.com](https://enlightenmentportal.com/development/positive-thinking-exercises-and-activities/)

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| **Activity** | **Reasons to try it** | **Activities to add to your weekly monthly routine** |
| 1. Listen to your favourite music! | Music has been and it will always be an **excellent positivity booster.** Nothing can replace the emotions you get when listening to some really good pieces of music. | What music makes you feel alive?  How often will you bring music into your life? |
| 2. Expressing thankfulness. | All the struggles and **problems in life stop and disappear, in the moment when gratitude starts** to take place. Remember that sentence! The grateful mind never experiences troubles. | How can you bring gratitude into your life?  What small things can you do regularly? |
| 3.Remember to breathe! | Given that breathing is such a natural part of life, and it happens without any conscious thought, we tend to underestimate its power. Yes, breathing has immense power and just by **paying attention to it when you are in a bad mood** will prove it to you. | Is this worth having a try ?  Breathing when in a bad mood  When else could you introduce breathing in your day? |
| 4.Dont live according to a label? | Labels can come from other people and yourself. It’s easier to blame others, for placing you under a certain class or type, it’s you that gives power to that label. It’s also understandable that being called “something” enough times, it starts to sink in.  Say to yourself right now: “**I am a winner, and I don’t care what others think about me. I am a fulfilled, self-confident, and happy human being!”** | Has saying the words to yourself helped?  What else could you do? |
| 5. Take notice to your inner dialogue? | Do we really take note of [our inner voice](https://ep.serveravatartmp.com/meditation/how-to-meditate-deeply/)? Do we ever blame the negative internal dialogue for keeping happiness at bay?  Our consciousness is the biggest “**Trickster**” and the biggest “**Enemy**”  It is our perception and interpretation of those circumstances that produces the negative emotions and feelings…  Always remember that when something becomes a habit we forget how it affects our lives. **Make a point to**[**channel positive affirmations**](https://ep.serveravatartmp.com/affirmations/list-of-affirmations-for-love/)**.** | What would be a positive affirmation for you to say daily? create it  Write it below |
| 6. Engage in positive activities. | **Find something that gets your happiness**. go out and explore your options. Many people find that going to the gym a couple of times a week has a dramatic effect on their mental health as well. | What makes you happy?  List your activities |
| 7. Take back control! | Everyone can take a tip from the AA sessions, more specifically the “prayer” at the end of every session. It comes down to taking control of things you can change and accepting those you can’t.  We can control how we feel about it in addition to how we react. | Has saying the words to yourself helped?  Can you think of what else you could do?  “I am responsible for my life and for every result I get! I am in full control over my consciousness and over my feelings and I am immune to all the negativity in the world!” |
| 8. Go easy on yourself. | One of the best ways to learn something new is by failing. Unfortunately [our perception of failing](https://ep.serveravatartmp.com/development/self-esteem-building-activities/) is directly linked with “not good enough” or even the feeling of shame.  **Life is all about taking chances and not living in the fear of failing.** Sometimes failing can be fun when surrounded by the right people.  Affirm **“ I am better than I think I am” !** | Has saying the words to yourself helped?  Has other words helped? |
| 9. Pay attention to your diet! | You will never find a moment when the body and mind are not connected. **The food becomes part of you** so choose wisely what materials you’ll be building your body from. Eat more fresh vegetables and fruits. | Can you make any additional changes, so you feel better?  What could you do? |
| 10. Embrace change. | It is natural for us to find comfort in things that are familiar and close to us, whether it’s relationships, work situations, living space or the cushions you sleep with at night.  [**Stepping outside of your comfort zone**](https://ep.serveravatartmp.com/development/self-esteem-building-activities/)**won’t just open your eyes but liberate you.** Happiness can’t find you if you are hiding in your comfort zone. | What helps you embrace change?  What activity could help you embrace change? (below are a few  Affirming  Checking in- How am I feeling right now? Do I need to pause and re think my options?  Reflection time- what I will do differently? |
| Other things to consider | Open your mind to enjoy life | Let go of the past |
|  | Laugh as much as possible | Find the balance to give and receive |