



Tri Fit's Healthy Habits

November's Goal

Create positivity

Thoughts, Speech, Action

*"Keep your thoughts positive because your thoughts become your words.
Keep your words positive because your words become your behavior.
Keep your behavior positive because your behavior becomes your habits.
Keep your habits positive because your habits become your values. Keep
your values positive because your values become your destiny."*

-Mohandas K. Gandhi

This month add positivity to your life at home and at work and enjoy the health benefits. Share what you are grateful for on social media at **#TriFitGratitude**



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Creating Positivity - Thoughts, Speech, Action

Thoughts - Positive Affirmation

Studies show that the most successful people are positive people who rarely see the glass as half empty, even when it is almost completely empty. So how do you become more positive? It starts with positive affirmation and self-love.

We have all heard the expression, 'It's all in your mind'. The mind and brain are powerful contributors to our self-esteem, self-love and positive thoughts.

"Affirmations" have the ability to rewire our brains. Similar to exercise, positive affirmations release the feel good hormones in our bodies and force our brain to create more groups of 'positive thought' neurons. This plays a key role in changing the pattern of negative thoughts, negative speech and consequently negative actions.

Whether it is reading motivational quotes or saying them aloud, if you train yourself to keep a high level of positive affirming thoughts, you will raise your self-esteem and it will be harder to go back to former negative thought processes.

Here are 5 steps to make positive affirmation work for you:

1. Write down what you feel are your negative qualities.
2. Next to each, write a positive affirmation for your own self-judgement. Write these in the present tense: "I am special and unique."
3. Repeat these positive affirmations out loud for 5 minutes 3 times a day.
4. Focus and say these affirmations with intent and purpose.
5. Have a friend or loved one repeat these affirmations to you.



**I believe in
myself
and my
abilities.**

Positive affirmation can be a powerful tool in helping to increase your self-esteem and positivity, and to reach your goals. Give it a try and see how it works for you!

source: http://www.huffingtonpost.com/dr-carmen-harra/affirmations_b_3527028.html

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Speech - The Power of Language

We have all likely heard the expression "sticks and stones will break your bones, but words will never hurt you". Unfortunately this is not always the case. The language we use can have a profound impact on ourselves and others.

The words you use shape and create your reality. If you are continually using negative language, your reality will become negative. You have the ability to write a happy life for yourself based on your language.



Learning to use positive language is like learning a new language. It takes time and patience. Start by paying attention to what you say both out loud and internally. If you find yourself being negative, stop yourself right away and change the negative to a positive.

After a while, positive language will become easier, and eventually a habit. The old saying of "it's not what happens, but rather how you react to circumstances, that determines your quality of life" is absolutely true.

This will take work, however, the benefits will be more than worth it!

source: <http://balanceinme.com/blog/positivity-language/>

image source: <http://www.bistech.co.uk/blog/2015/01/mind-your-language>

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Actions - Make Happy Happen

While it may seem that positive people were born that way, research suggests that being happy takes effort. Positive psychologists find that strong relationships, acts of kindness and finding meaning are all components of a happy life.



Nurture Relationships - making time for the people we love brings us joy. Those who have at least one close friendship are happiest, suggesting that it's not about quantity of friends, but quality.

Cultivate Kindness - being kind to others for the sake of kindness lights up the same pleasure centers in the brain as food. Those who volunteer or care for others tend to be happier and less depressed.

Find Flow and Meaning - working towards a goal or participating in an activity that is well suited to our talents can provide us with a joy called "flow". This fulfillment in career or personal pursuits can help motivate us to reach for long-term goals. Finding flow is about internal motivation rather than attaining material goods.

Positivity in Action:

- Book a call, walk or dinner date with someone you care about.
- Volunteer - better yet, volunteer with a friend!
- Thank somebody (*watch [SoulPancake's The Science of Happiness for Inspiration](#)*).
- Join a club or team - this can also be a great way to meet others like you.
- Find your flow - if you don't know what you love to do, try something new!
- Set some goals - create meaning by getting in touch with what matters to you.
- Perform random acts of kindness - do something nice and expect nothing in return.
- Smile at a stranger - happiness tends to be contagious.

<http://greatergood.berkeley.edu/pdfs/happycircle-ggsc.pdf>, <http://www.pursuit-of-happiness.org/science-of-happiness/>,
<http://www.pursuit-of-happiness.org/science-of-happiness/>



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The Creating Positivity Checklist

Use the following quick checklist of strategies to help you become more positive:

Practice Positive Affirmation:

- Write down what you feel are your negative qualities.
- Next to each, write a positive affirmation for your own self-judgement.
- Repeat these positive affirmations out loud for 5 minutes 3 times a day.
- Focus and say with intent and purpose.
- Have a friend or loved one repeat to you.

Use Positive Language:

- Pay close attention to the language you use.
- When you find yourself being negative, STOP right away.
- Change the negative to a positive.
- Have patience and dedication. It can be a long process, but will be worth it!

Take Positive Action:

- Nurture close relationships by making quality time a priority.
- Cultivate kindness by doing good without expecting anything in return.
- Volunteer or find ways to show caring for others.
- Perform random acts of kindness.
- Nurture or find an activity/hobby that challenges you and provides enjoyment.