

MAKE SPACE FOR A POSITIVE MINDSET

The average person has an estimated 70,000 thoughts per day! Take a moment to think about the thoughts that run through your mind. Are they positive and uplifting? “Today is going to be an amazing day!” Or negative and self-defeating? “I don’t have the energy to get through today.”

PRIMARY FOODS | SELF-CARE



Positive thoughts boost your mood, spirit, and generate even more positivity and happiness in your life. Conversely, pessimistic thoughts create a domino effect of negativity. Your thoughts tremendously affect how you live your life and how others perceive you. Thankfully, you don’t have to live with negative mental chatter. Choose to change the channel and have a positive outlook. It takes practice, but soon enough, your mind will naturally gravitate toward positive thoughts. Practice cultivating a happy outlook with these tips.

LET GO OF:

NEGATIVE SELF-TALK

Bashing yourself takes a toll on your health. When you hear negative self-talk, say “cancel cancel,” and replace it with a positive comment to condition yourself to be kind to yourself.

LIMITING BELIEFS

Replace beliefs that aren’t serving you anymore with uplifting, supportive thoughts.

COMPARISON

While it’s easy to want what others have, comparing yourself is like discarding everything you’ve got going for you at this very moment. Admiration is awesome, as it’s often a reflection of the great things we want for ourselves. Learn to distinguish between admiration and comparative self-judgment.

RESISTANCE

If you want different results, do things differently. Make small changes consistently and they’ll add up and transform your life. Change is scary, but crucial to self-evolution; don’t resist it.

YOUR EGO

It’s nice to be right, but it’s nicer to be happy.

HOLD ON TO:

GRATITUDE

Even when you think you don’t have it all, focus on what you have today. Keep a gratitude journal and write down five things you’re grateful for each day.

YOUR ENERGY AND PURPOSE

Make a conscious effort to strut! Even when you’re feeling down and discouraged, stand tall and smile! Posture affects your mood; make it work in your favor.

UPLIFTING PEOPLE

People who are vibrating on a positive frequency will keep you grounded, inspired, and connected to your greater purpose. They’ll help you believe in yourself, too.

QUIET TIME

Take time to reflect, meditate, or simply make quiet time for yourself. Clear your mind and let physical tension melt away.

GOOD DEEDS

Uplift someone else by doing something kind and notice how it impacts your mood and energy.



Happy Nourished Motherhood
Pharm to Wellness