

# What You Focus On Grows



Nuggets For Life<sup>©</sup>-

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It's the end of March already! There's a spring in your step and a smile on your face! You're enjoying that extra hour of daylight! Time to create new mind habits!

This week's nuggets for life are to focus your mind on the positive. Check out this YouTube video: *Get Spanky, What You Focus On Grows*. What are you focused on? Notice your thoughts. Your mind is a very powerful thing. It's your best friend or your worst enemy. Every emotion starts with a thought. First you think something and then you feel an emotion. Then you act on how you're feeling. Say 'stop' when you hear negative, niggling, rigid, scary, discombobulating, or otherwise judgmental thoughts. Start to create consistent healthy thoughts by being aware of what pops into your mind. If it's not positive, say nope, not good enough, and change your thought to a happier one. Your mood will lift with this simple perception shift. Pretty soon, it'll be second nature.

Let your mind be flexible, fluid, and flow with change. Whenever your mind starts down the vortex of self-sabotaging talk, flip the focus switch to something you really want in your life. Find something to appreciate in that moment. There's always some little something to appreciate no matter what difficulties or upsets come your way. I tell my clients there's a gift in everything, and I truly believe this. Play with this idea. Try it on. Look for evidence of the good stuff around you. Focus on what you want and it'll grow. Ever heard the saying, "it's all in your mind"? Yup, it is. Take a few minutes and think something that makes you feel great. Watch what happens. Switch up to happiness! Step into focus!

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