



**A POSITIVE OUTLOOK ON LIFE!
&
A Special Gift for Valentine's Day**

Staying positive in the current climate is something that we will reap the benefits of in the future. However, if we are to absorb all the negative news and the focus on recession and loss which we are being surrounded by everyday, staying positive is not something that is easy to do! Or is it?

Many books and studies have been written and undertaken on human behaviour and the power of our thoughts on our actions, and all have shown that there is a direct connection between what we think and how we act, so perhaps the control of our lives is more in our own control than we may think!

By bringing your focus to bear on the positive things in life you can change how you act, how you think and ultimately improve how you feel about everything in your life.

Doing this is quite simple really. The first thing you need to do is to look for the positive in what you see and hear. Looking for the positive is quite easy to do, for example, in the current climate, where we are being told money is scarce, debt is growing etc, the positive perspective in this situation is that people will now respect money and be more careful about how they spend it. People will sit down and work out a budget based on their incomes, account for all bills, and this is a good practice, as it fosters respect for money which is something that we have lost during the celtic tiger period of recent times. When you actually sit down and take the time to calculate a budget, you may also find that you have more money to spend than you may have believed. We are going to be much more responsible about our spending and I feel that people will get more enjoyment from what they do purchase for themselves. If the budget is tight, it is

even more important to calculate it so that you can put a small amount aside to give yourself a reward every now and then so you have something to look forward to. By shifting the perspective from debt to reward in this manner, you are going to be thinking positively, worry less and be focussed now on the reward you are working towards. This will give you a positive outlook and you will feel a lot happier as a result.

Our brains are very literal in how they function and so by focusing on a positive outcome, our thoughts are automatically happier and this translates into behaviour and actions which will bring us in a positive direction. Constantly focusing on a positive desired outcome will result in the subconscious part of the brain opening the necessary neural pathways so that we achieve just that outcome. By complete contrast, if you are focussed on a negative outcome and spend most of your waking moments, living in fear of debt and hardship, then the subconscious will equally open the necessary neural pathways to make that focus a reality in your life. Every thought we think, over and over again, is like a repeated instruction to our subconscious that this is what we want and the brain will work hard to bring you exactly that! So instead of focusing on the negative attributes of the current financial climate, simply shift perspective and start to focus on the positives in each situation, help your brain to help you to reach the outcome you want to achieve.

Remember, start now, it's never too late to "Accentuate the Positive" and "Eliminate the Negative" to "Live the Life you Want" now!

Yvonne is an NLP Life & Business Coach who provides private consultations, Yvonne is also running a very exciting new one day course called "Live the Life You Want" which is a powerful course and personal transformational journey which will help you to get from "**Where you Are now to Where you Want to Be**"! This course will take place on Saturday, 21st February, 2009! Give the one you love the gift of this course for Valentine's Day!

You can find out more about Yvonne by visiting her website at

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