

The Negativity Eliminator

4 Powerful Strategies to *Eliminate Negativity*
at Work, Home, and Everywhere in Between

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Strategy #1:

A photograph of a clear plastic water bottle and several black dumbbells of various sizes resting on a blue exercise mat. The background is a soft-focus outdoor scene with a white towel and a wooden floor.

TAKE BETTER CARE OF YOURSELF

How can you be a truly powerful, positive force in this world if you don't feel good?

If you have to physically, mentally, or emotionally drag yourself to work day after day, you have absolutely no power to fight the dragon of negativity. It will defeat you before you've had your first cup of coffee.

On the other hand, if you arrive every day full of energy, strength, and vitality, that poor dragon doesn't stand a chance.

Great health and high energy are your two most powerful weapons in the war on negativity. With them, you can conquer almost anything. Without them, you might as well stay in bed and hide under the covers.

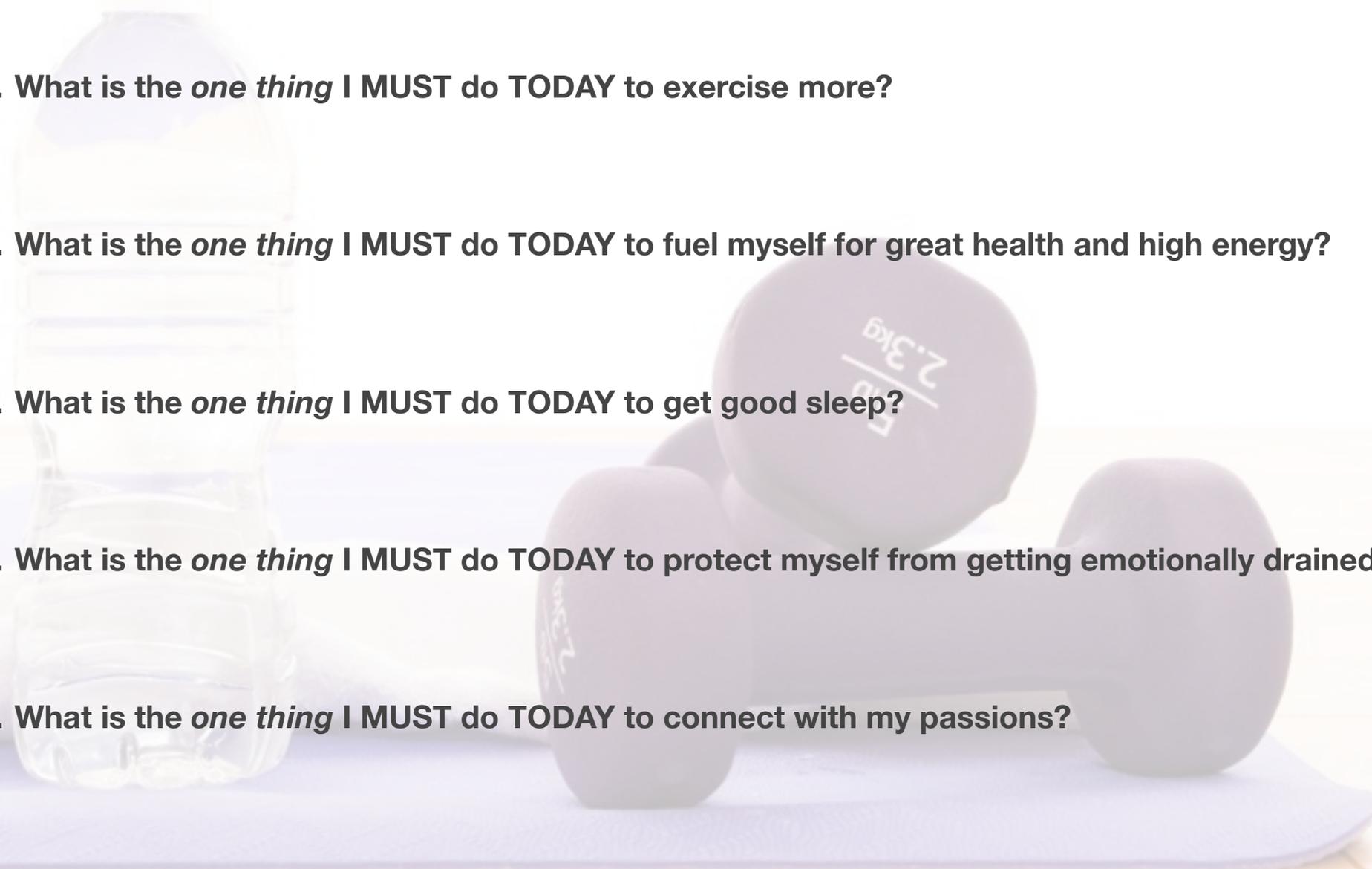
Before you say "But, but but...", read this:

You have exactly enough time for the important things in your life.

There's a pretty good chance that you could take better care of yourself. Starting today.

Exercise #1: Take Better Care Of Yourself

If you want to increase your health & wellbeing, kick off each day asking yourself these five questions. Forget the long-term plan. Simply focus on *what you can do today* . Then do it. And then ask yourself the questions again tomorrow, and the next day, and the next.

1. What is the *one thing* I MUST do TODAY to exercise more?
 2. What is the *one thing* I MUST do TODAY to fuel myself for great health and high energy?
 3. What is the *one thing* I MUST do TODAY to get good sleep?
 4. What is the *one thing* I MUST do TODAY to protect myself from getting emotionally drained?
 5. What is the *one thing* I MUST do TODAY to connect with my passions?
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- A water bottle and a dumbbell are visible in the background, resting on a light-colored mat. The water bottle is on the left, and the dumbbell is on the right. The dumbbell has '2.3kg' written on it.

Strategy #2:

simplify

Did you know the earth is moving through space at 67,000 mph? But that doesn't mean that you have to.

If you're like most Americans, your life has become over-scheduled to the point where you sometimes actually try to be in two places at once. You fill up every available space with "stuff". You create procedures to make sure you're following policies and policies to ensure you're following procedures.

Admit it, your life is cluttered. And a cluttered life leads to a cluttered mind. And a cluttered mind is like a petri dish of negativity that grows out of control before you know it.

Stop. Breathe. Simplify.

You don't have to get all zen-like and start chanting, but to get more positivity in your life, you need to create some space to think, process, create, and enjoy life a bit more than you probably do.

Exercise #2: Simplify

Make two lists, then start decluttering your life...one thing at a time.

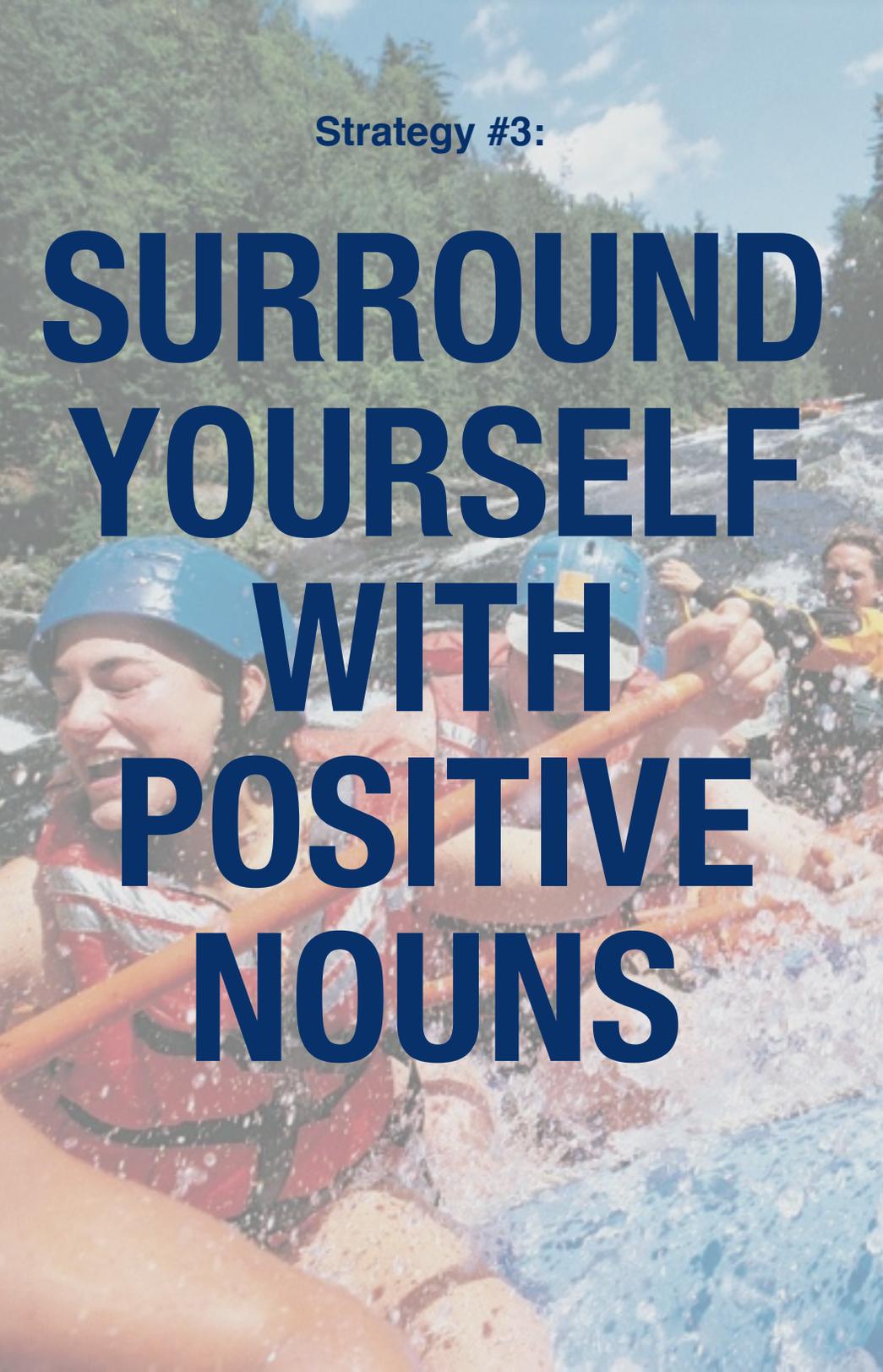
Things that create clutter in my life:

(i.e., mental & physical stuff I need to clean up or let go of)

Things I need to say no to:

(i.e, people, appointments, etc. that clutter my time)





Strategy #3:

SURROUND YOURSELF WITH POSITIVE NOUNS

How important are the people, places, things, and ideas you're exposed to?

You can't unsee what you see. You can't unhear what you hear. So you need to guard against negative nouns with a vengeance. One of the best ways to be more positive is to never let negativity into your world in the first place. Be careful what you watch, read, and listen to.

How about your surroundings? Your house, desk, office, and places you visit frequently? Do they energize you daily or are they slowly sucking the life out of you? Is it time for a change? A cleanup? A new paint job?

Same goes for people. Studies have shown that you will end up being a lot like the five people you hang out with the most. Take a good look at those people. Are they the "you" that you'd really like to be?

What (and who) you see, hear, and surround yourself with every day is constantly influencing who you are becoming and reflecting who you currently are.

Exercise #3: Surround Yourself With Positive Nouns

What are some **negative** nouns (people, places, things, and ideas) in my life?

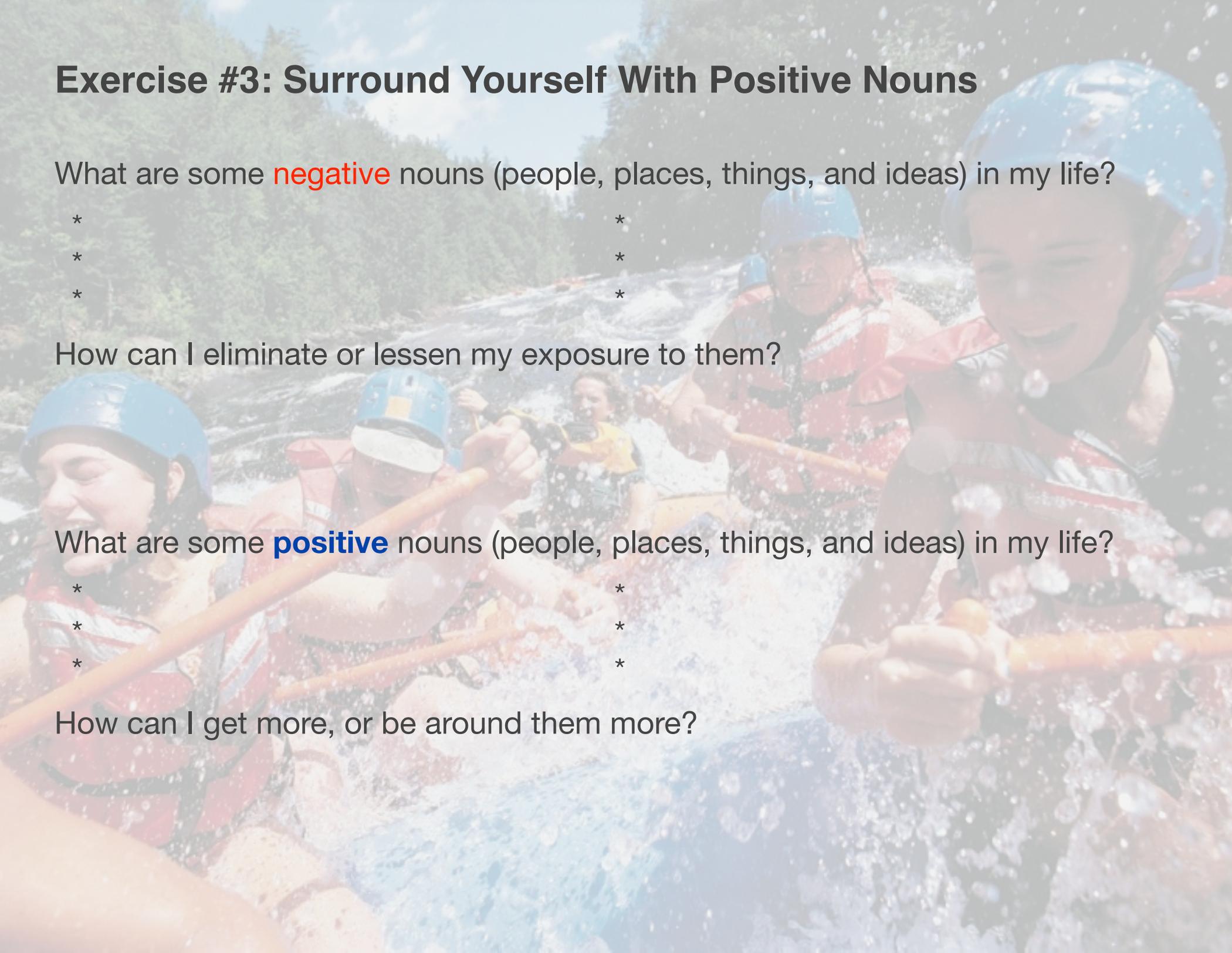
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How can I eliminate or lessen my exposure to them?

What are some **positive** nouns (people, places, things, and ideas) in my life?

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How can I get more, or be around them more?



Strategy #4:

CHOOSE YOUR MINDSET

Even on a two-way street, you can only go one way.

It's impossible to have a positive attitude with a negative mindset. If you try to pull it off, you'll come off as fake and insincere (both highly negative vibes, FYI).

Your attitude is what the world sees. Your mindset is the filter system that drives your attitude and behavior.

How do *you* view the world?

Do you see it full of abundance, opportunity and prosperity? Because it is.

Or do you see it full of scarcity, limitation, and poverty? Because it is.

Just one example of two different mindsets. Both true, depending on one thing and one thing only: your choice.

How you experience your life is the result of the choices you make along the way. Choose wisely.

Exercise #4: Choose Your Mindset

Imagine you've just been told you have to travel to every country in the world in the next 12 months.

1. Circle the **negative** descriptors that describe how you view the world in general.
2. Examine *why* you carry that belief AND if it *limits* you in any way.
3. Now, cross off the negative descriptors you circled and circle the **positive** descriptors instead.

Imagine the new possibilities available to you when you view the world in a more positive light.

Whenever you feel frustrated, scared, or limited, remember this activity and choose a more positive view.

Negative View

Dangerous
Scarce
Unstable
Hateful
Poor
Selfish
Pessimistic
Violent
Disorderly
Chaotic
Greedy
Competitive
Cynical
Sad
Depressing

Positive View

Safe
Abundant
Secure
Loving
Prosperous
Gracious
Optimistic
Peaceful
Organized
Calm
Generous
Cooperative
Trustworthy
Happy
Hopeful

We realize that not everyone views the world through a negative filter, and that's great. If that's you, more power to you!

However, maybe you know someone who struggles to choose a positive view and you could help this with this tool.

Feel free to share the Negativity Eliminator tool with anyone you think could use more positivity in their life.

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