

Roadmap to Your Next Act! Module 1: Mindset

Simply Positive - Small Habits
We Can Create to Stay Positive

With Maria Pesin



MINDSET



Simply Positive - Small Habits We Can Create to Stay Positive



Keep a Gratitude Journal

Psychology Today suggests writing a simple, daily journal of things for which you are thankful.



Studies show that gratitude is directly related to positivity.



Exercise Regularly.

The more movement you have in life,
the more endorphins you have,
which lead to happiness and positivity.
Go for a walk. Clean the living room.
Get yourself moving a little more than usual.

Self-talk, also known as inner dialogue, can help with positive thinking and encouragement.

Positive self-talk and a more optimistic outlook have many health benefits as well.



Practice Positive Self-talk.



Listen to music that sounds
how you want to feel.

Psychology Today says

*“Research has shown that music activates
the region of the brain that releases the
feel-good chemical dopamine and
also relaxes the body.”*

*In other words, happy music can actually
make you feel happier.*

Challenge Your Negative Thinking.

Think to yourself

“Is there a more positive way I can think about this?”

Studies show that thinking optimistically is good for your health and well-being.



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