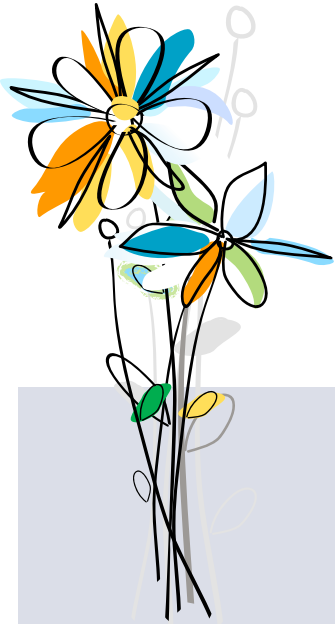


# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



## Keep a POSITIVE FOCUS



As we go through the weight loss journey or the journey of life, it is easy to get in the habit of placing our focus on everything that is wrong. The challenges, frustrations, fears, worries and wrongs absorb our focus leaving only small fragments for happiness, joy and peace. There is even biblical direction for this in Philippians 4:8, "keep your thoughts on whatever is right or deserves praise: things that are true, honorable, fair, pure, acceptable, or commendable". Take the month of October to make a concerted effort to focus on the positive—and may you find more happiness, joy and peace.

- **Listen to positive music.** It may be jazz, classical, popular, country, spiritual, Motown, rock or maybe even rap. Stream it through your computer, wear your iPod or MP3 player, play CDs, or tune into your favorite radio station. Music can lift up your spirits and put you in a positive frame of mind.
- **Remember that it is better to give than receive—**volunteer your time, talents or money to help others. Your focus will naturally move from your problems to joy of helping another.
- **Surround yourself with positive people.** Attitudes are very catchy. You want to catch the positive outlook of others and then inspire others with your positive outlook.
- **Look for the good in every situation.** Trials help to shape us and prepare us. Overcoming adversity makes us stronger. Having to wait cultivates patience. Hard work gives us an appreciation for the outcome.
- **Limit news reports.** News stations report the exceptions and those are often very negative and scary. Keep informed, but don't overdue it.
- **Set goals that keep you moving forward to keep from feeling bored and stuck.** If you have a tangeble way out of a less than optimal situation, you can focus on taking positive steps in the right direction.
- **Find a few positive quotes that help you and post them where you will see them during the day to check yourself and see if you need to refocus.**
- **Offer silent well wishes or prayers to all that you come in contact with—**to the nice elderly lady in the grocery store, to the man standing on the exit ramp with a sign asking for money, to the angry clerk, to the mother with a crying child, to the children playing on the playground and to the successful business man. This is a powerful way to change your attitude.
- **Do an anonymous good deed for someone everyday.** Just think of how much fun you will have thinking of the next recipient, the deed and how to accomplish it anonymously.
- **Make a list of all of your strengths and assets.** It is easy to rattle off weaknesses, but what about your strengths? What are those talents and how can you best use them?
- **Get some extra help with motivational tapes and books.** It is going to take effort to move from your negative focus to a positive one—immerse yourself in positivity.
- **We cannot always control circumstances,** but we can control what we think about the situation and therefor how we feel about it.

**Make a list**  
of all the things  
that you would  
**not change**  
about your **life.**