

## Positive Mental Outlook

Having a Positive Mental Outlook is the most important principle in initiating your journey towards reaching your goals. Whether it's being pain-free, improving your overall wellness or reaching any goal you desire, having a positive mental outlook or attitude is the first step in overcoming limiting beliefs that are holding you back. Your outlook or beliefs keep your mind focused on what ever you think about most often. Think about pain, you get more pain. Think about being well and your mind will focus on "Being Well"

<u>Negative Outlook or limiting beliefs</u>	<u>Positive Outlook or empowering beliefs</u>
<i>"I Can't..."</i>	<i>"I Can..."</i>
<i>"I've always had this problem and I always will"</i>	<i>"I Will"</i>
<i>"Why do I always have pain?"</i>	<i>"I am Well"</i>
<i>"I can't ever see a time when I could be pain-free"</i>	<i>"I will be Well and accomplish my wellness goals"</i>
<i>I am scared and afraid of failure</i>	<i>I can succeed at whatever I set my mind to.</i>
<i>What if I have pain for the rest of my life??</i>	<i>I have pain now, <u>but I will be Well</u></i>
<i>What if I don't get better?</i>	<i>I will accomplish (.....) and be pain-free</i>
<i>They told my I have...(fill in the blank)...</i>	<i>I focus on being well and not a diagnosis. I Set my goals and focus on being well.</i>

**Take note if you find yourself having a negative outlook or limiting beliefs. Now consciously, make an effort to change your attitude from negative to positive. Practice acting as if you always have a positive attitude. Each time you would say, "I Can't", say, "I Can". Each time you think or say, "I'm in Pain", say "I am Well" or "I will be Well". Keep it up. Over & Over. Go from "Trying to Be Positive" to "Being Positive"**