

Live Well Lifestyle Webinar Recap & Recording

March 19, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Focus on your Good

My Intention Today: To focus on my best attributes. To stop putting myself down for what I *wasn't* blessed with and focus instead on what I *was* blessed with.

Don't let what other people say define you. It is what you think about yourself that counts.

Start by adjusting your thinking. Abandon all your negative beliefs about yourself and replace them with positive ones. Identify and embrace what it is that you are good at, as well as the qualities, traits, and characteristics that make you a worthwhile human being

Give yourself a fact-based attribution to your self-image. You can do it. Here are four steps to get you started:

1. Decide what you are good at or what is good about you. Make a list. Ask your friends. Often what is natural and easy for us we don't see as a strength or talent.
2. Observe yourself exhibiting those qualities or characteristics or mastering a given function or activity. Make a list to remind yourself how great you are. If you are a writer you will have a theme of specific thing you write about. Note it.
3. Acknowledge that you are living up to your potential and having some mastery in your life. Give yourself a pat on the back. Accept your great qualities.
4. Make an affirmation to yourself regarding that competency.

I am great at cleaning and organizing.
I love to cook and share with friends
I am a good listener.
I am love to write stories.
I love praising people for their good traits.
I am a natural decorator. I make rooms warm and inviting.
I have computer skills.
I have a mathematical mind.

Now focus on these good traits and skills. They are your gifts and what brings you joy. Dr. Phil

Tips for a happy life:

- The first step is you have to say you can. -Will Smith
- The only person you are destined to become is the person you decide to be. Ralph Waldo Emerson Believe in yourself.
- Successful people build each other up. They motivate, inspire and push each other. Unsuccessful people just hate, blame, complain and find fault with others. . Be with successful people.
- The plan for your life far exceeds the circumstances of today.

Power Thought: The subtle secret to possessing all you want, is blessing all you have. Mike Dooley www.TUT.com

Closing Thought: Do more of what makes you excited. Remember you are loved!

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