

ENHANCING SKILLS THROUGH POSITIVE THINKING

The benefits of positive thoughts don't stop after a few minutes of good feelings subside. In fact, the biggest benefit that positive thoughts provide is an enhanced ability to build skills and develop resources for use later in life.

Let's consider a real-world example.

A child who runs around outside, swinging on branches and playing with friends, develops the ability to move athletically (physical skills), the ability to play with others and communicate with a team (social skills), and the ability to explore and examine the world around them (creative skills). In this way, the positive emotions of play and joy prompt the child to build skills that are useful and valuable in everyday life.

What can you do to increase positive thoughts and take advantage of the “broaden and build” theory in your life?



That said, here are three ideas for you to consider...

1. Meditation — If you're looking for an easy way to start meditation, here is a 10–minute guided meditation that was recently sent to me. Just close your eyes, breathe, and follow along.

2. Writing — Write all positive experiences daily. And those who do this will experience, better mood levels, fewer visits to the health center, and experienced fewer illnesses.

3. Play — schedule time to play into your life. We schedule meetings, conference calls, weekly events, and other responsibilities into our daily calendars ... why not schedule time to play?

Give yourself permission to smile and enjoy the benefits of positive emotion. Schedule time for play and adventure so that you can experience contentment and joy, and explore and build new skills.

MAKE YOUR DAY JOYFUL.

