

Choosing To Be In Control Of Your Day

Sales Mindset - Attitude

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You're stalled in traffic on the interstate highway and it's a sweltering day in August. Suddenly, your car air conditioner stops working. On top of that, today you happened to wear a wool tweed suit with no underwear. Do you feel justified in being irritated?

Dr. Wayne Dyer suggests that how you elect to feel is always your choice. Instead of being irritated, you could choose to acknowledge the good life that you're leading, hum your favorite song or remember when you've been stuck before and how the ordeal was of no consequence the next day. You could be glad that you live in this country, look forward to what's planned for dinner this evening, or appreciate that your kids are healthy and doing well in school. The act of choosing is a simple but powerful technique that will further aid you in attaining breathing space.

Choosing, Rather than Reacting

Reacting and responding are weak tools with which to gain control of your life. They disarm your power to choose. By discerning how you feel and acknowledging your present emotions, you release blocked energy and gain a fuller sense of the present. You have more control of how you choose to feel.

By continuing to make positive choices, you can preserve and broaden your sense of breathing space. Below are a few examples of the choices you can make in the various aspects of your life. Note that all the choices are worded to indicate what you want, not what you wish to avoid. It's important to keep this distinction clear when formulating your own choices. There is little power in choosing by avoidance, but there is great power in directly addressing what you want or how you want to feel.

* Quality of Life

I choose to live in the moment.
I choose to easily have breathing space.
I choose to enjoy my life.
I choose to maintain balance and harmony in my life
I choose to live a clutter free existence.
I choose to get a good night's sleep, every night.
I choose to remain organized.
I choose to feel comfortable in the face of uncertainty.
I choose to approach each new day with enthusiasm.
I choose to revel in what I have.

* Social Life and Leisure

I choose to feel good about how I spend my days.
I choose to be with my friends often.
I choose to enjoy my vacations.
I choose to engage in rewarding new experiences.
I choose to be a good companion and a good listener.
I choose to enjoy new experiences.
I choose to freely take time off for myself.
I choose to return to work feeling energized.
I choose to acknowledge my sexiness.
I choose to be playful.
I choose to feel totally comfortable with myself.

* Health

I choose to maintain a balanced diet.
I choose to maintain a trim, fit body.
I choose to have a strong, healthy heart.
I choose to thrive on challenging situations.
I choose to maintain a healthy outlook always.
I choose to get a good night's sleep every night.
I choose to maintain a harmonious balance in my life.
I choose to live a long, happy life.
I choose to maintain a cheerful outlook.
I choose to have a strong healthy body.

* Work

I choose to continually educate myself.
I choose to stay informed of the important issues in my field.
I choose to handle the challenges I face easily.
I choose to remain awake and alert at work.
I choose to form powerful unions with co-workers.
I choose to accept the input of others easily.