

## **TRIGGER ME THIS!**

### THREE and One Half Baby Steps to Start on the Path of Positive Visioning

*I hear and I forget ~ I see and I remember ~ I do and I understand. ~ Chinese Proverb*

- 1. Trigger It:** Trigger, Verb: To initiate, actuate, or set off; initiating a process or reaction. (Webster's) Can you think of any triggers in your life, positive or negative? Remove the obvious negative triggers in your life. EXAMPLE: We are a cookie - free home, except for rare holidays. They aren't safe in my kitchen and I am far happier without the negative trigger and subsequent mental debate and inevitable guilt. I don't WANT just one! Conversely, I keep my "Health and Fitness" Vision, which I created on the side of a big blue shopping bag, close by as a daily positive trigger.

Work to add positive triggers to your space. Visual triggers are powerful, especially when paired with verbal and written affirmations and "visioning." SEE and believe yourself in that bikini or on that trip or in that dream job! This is a vital first step to realizing and manifesting it.

- 2. Tell the Truth Jar:** A jar or container, placed well within your visual field, (trigger), in which you place little notes that you write to yourself several to many times each day, when your mind or your mental saboteur or committee offers negative self talk, criticism or "shoulds and ought to's." The way to replace an old habit such as negativity or self defeating thinking is to replace that destructive thought with a positive, truthful statement. EXAMPLE: You drop your coffee on the floor before the first sip. You say aloud, "I'm such an idiot!" NEW Truth Thought: I will slow myself down before I take that first sip and allow myself to enjoy it more. I deserve it.
- 3. Gratitude Journal:** A 5-minute investment in a daily written gratitude list, will markedly improve your outlook. (See Link).

**3.5 Collect the Evidence!** Developing a conscious, positive and grateful mindset takes practice. But very soon you will begin to notice things (little daily miracles) you might never have noticed before. Part of Active-Gratitude is to take note of these and see how they add up and multiply through the positive "vibration" of your grateful mind. Something as simple as a parking space opening before your eyes, a surprise phone call, a bit of "found" money or a sudden positive turn of events. Document the evidence in a Little Miracle Log. Keep it handy- get two and be amazed at the positives in your life.

NOTICE the little miracles that happen every day - dial in your focus and your intuition. Discover that the more you notice, the more amazing little miracles seem to happen. Were they happening all along? Maybe you just couldn't "See".