

Here are your Five tips to Get ready for Spring!

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5 Tips to Get Someone Focused, Positive & Happy for Spring

With Spring in the air, it's time to shake off the oppressiveness of the dark, dour winter and look forward to the joys of the lighter days of the coming season with a joie de vivre!

Focus

Focus is a very powerful tool in your desire to achieve your goals and attain happiness and contentment in this life. What you focus on grows – whether positive or negative!

If you are not crystal clear about what it is you wish to achieve in your life, then the messages that you are sending out will be grey and muddled and it makes it more difficult to attain your goals! This leads to frustration & disbelief that things will ever manifest for you in the way that you want them to and these thoughts become self-perpetuating! However you have a very good chance of manifesting the positive changes that you do want in your life by being crystal clear about what you want. Creation starts in the mind! Hold onto that dream because people who are clear about what they want and act as if they already have it generally succeed in getting it!

Try it! Take the time to clearly identify a goal you wish to achieve, write it down and give it a time scale. Regularly imagine that you already have it. A strong mindset attracts the things we want! Reassess how much closer you are to gaining your desire after a week. You may not be there yet, but you can be significantly closer!

Start to Cultivate an Attitude of Gratitude, or in other words, Start Counting Your Blessings!

Starting to focus on the positive things that you have in your life. This may take a bit of a shift initially because it is all too easy to list the negative things first! But if you take a moment to really consider all the good things and blessings that you actually have, then the warm, fuzzy feelings you will have will start to create positive change in your life and generate more!

Day after day we relive the same movie – more of the same-old and often we accept this as our lot. However, it's possible to change all that! Stop accepting that 'this is your lot'. Start realising that you are responsible for the reality you live in!

Write down all the things that you are good at! You've just made a start in thinking in a more positive manner!

In order to raise your positivity further and encourage even better things into your life, buy a notebook and every evening before you go to sleep, write down a minimum of 3 positive things that have happened to you that day. Then once you have written them down, put down your pen and re-read them and make a conscious effort to feel the sustaining positive effect that it has on you. You may very well find that you will have a smile on your face as you do so!

Destroy your Limiting Beliefs

What is a limiting belief? It is a repetitive thought that you think over and over again. It is doubt in your abilities! When your thoughts consist of limiting beliefs you are sending out a very negative vibration. It is very important to recognise your limiting beliefs and, in the main, it is very simple because most of them are found after the word 'because'.

"I'd like to lose weight and maintain it but I can't because "

"I'd like to start my own business but I can't because "

"I'd like to meet my ideal mate but I can't because "

Limiting beliefs can be caused by past experiences, negative thinking and negative conditioning. They can cloud our judgement and masquerade as intuition and desire, but it is possible to eradicate them. A very powerful method of doing so is to think about all the people in the 9 billion that share this planet who HAVE achieved something similar to you – whether it's weight loss, career, new partner, financial security they all found the motivation to achieve it and so can you! What do David Beckham, Elton John, Oprah Winfrey, Alan Sugar, Madonna and Richard Branson have in common? They all used to be nobody! But they had a goal and they adopted the mindset to achieve it. What's stopping you achieving yours?

Go and buy an inspirational book on people who have achieved their goals, especially if it's connected in some way to your own, and see how they did it.

Be Careful What You Think!

"If you won't let the person that you want to be live in your imagination, then there's no way you will let him/her live in your body"

It's a fact – thoughts are all endowed with a creative power that moulds our life and attracts into it what we think about.

You create all the time. You create in a physical sense – your personal style, the interior of your home, opportunities, friendships, emails, letters – whatever is in your personal sphere. However, far more crucially, what many people don't realise is that you create your life with your emotions and

thoughts – whether you know it or not or whether you want it or not.

Stop and think about where you are in your life right now! Realise that every thought you had in years past, led to an emotion, which then led to a decision, and if you decided to act on that decision (or not) it led to an action, positive or negative, and the consequence of the amalgamation of all those billions of thoughts has to shaping your reality today, right down to reading this article right now! Have a look at your life in the present moment to see what your past beliefs have created.

So it is vitally important to recognise what it is you want and write down your goals. Start to visualise yourself as you would be once you have achieved them! How would you feel? What would be different? Start taking conscious control of your thoughts and as you consciously start to consider the feelings of joy in attaining your desires, you will start to take delight in the control you have in directing your thoughts and creating a reality you love.

Living in the Present

If you stop and think about it, then you will acknowledge that the past is exactly that, the past! And the future is an illusion because it hasn't happened yet. All that really matters is the Now because that is what will create your future and your own personal reality! What you want to do is to start to create the future you desire from the present moment. Look at your life in the present moment. The conscious decisions you make now will have an enduring effect on the rest of your life. You own the power to make that the one you wish to have!

In Conclusion:

Disregard the past, think about what you want now and actively focus on it. Think clearly about what you want, NOT what you

don't want!

Acknowledge the positive things in your life – count your blessings!

Acknowledge and disregard your limiting beliefs because many people have had similar and still gone onto achieve their goals!

Visualise what you want. Remember – everything that was ever created by mankind started in someone's imagination! From the Internet, TV, Telephone, Facebook, Microsoft to Edinburgh Castle, The Taj Mahal, Men walking on the moon !

Be conscious that the past is in the past and the future is an illusion. All that really matters is the now because that is what will create your future.

And remember Live your Life, Love Your Life, and Life will Love You Back!

Lastly, one very important reflection:

A guarantee of happiness in the future is to be happy now!

Gillian Dalgliesh is an inspirational business and personal life coach and motivational speaker based in Edinburgh. Her courses empower people to be able to achieve their life goals and improve the quality of their lives. She is presently running a series of Positive Mindset Weight Loss Programmes

Course attendees are achieving the will power they seek through increased confidence levels and a greater sense of control over their lives.

You can read more about her work at www.slimthink.com or www.lemurialifecoaching.com

