

3 Tricks To Keep a Cheerful, Positive Mindset

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SPEAKERS

Diane Laffoon



Diane Laffoon 00:01

Hi there, did you know that it's impossible to tell your brain NOT to do something? Crazy, right? I'll prove it to you. Today I'll show you how I'll give you an example. And we'll talk about three ways that you can train your brain to be more optimistic.



Diane Laffoon 00:18

Hi, I'm Diane Laffoon. And I'm here with your joy Tip of the Week. And I'd love to hear from you. You know, we all know that our brain is a powerful force. And for some reason, its tendency is more towards negativity than positivity. And so let's have a thumbs up, or give me your most positive emoji or gift in the comments, because we need to train our brains to be more positive and more optimistic. And today, we'll talk about three tricks that you can implement today to train your brain to be more optimistic.



Diane Laffoon 00:51

So let's talk about the human brain First, it is funny, it cannot comprehend the negative. And it's just incapable. I saw this on a Simon Sinek video earlier this week. And it was interesting to me. I'll give you an example. For example, let me give you a statement, I'm

going to tell you something. And I would love to hear your response to it. Okay, so right now, I'm going to tell you DON'T think of a Christmas tree. You did didn't chew your thought of a Christmas tree? Was it the little emoji Christmas tree? Or was it the Rockefeller Center tree all lit up on TV, or maybe it was just your traditional Christmas tree that you trim when you're celebrating the holidays at home.



Diane Laffoon 01:32

But if you tell your brain not to do something, it does it anyways. Right? The brain is incapable of being told not to do something, it's crazy.



Diane Laffoon 01:41

So it just goes to show you, you know, we may inadvertently reinforce negativity in our brain because of this. For example, when you tell yourself over and over, I can't do something or I won't do something or this will never happen, you are reinforcing that negative. And so we're going to talk about the you know, tips and tricks to kind of change that into a positive reinforcement as well.



Diane Laffoon 02:06

You know, works with children too. I have a beautiful little 13 month old now. Great, nice. And it's interesting, we we always seem to, you know, go to the negative like telling our children don't eat on the couch, when instead it might be actually a more reinforced positive statement to say, eat at the table, you know, it's just a little twist on it. Instead of saying, don't do this, say do that give them an opportunity to do something. And it might you might see a different change in their attitude and their behavior.



Diane Laffoon 02:39

You know, athletes know this, too. I'm not an athlete. I'm definitely not an athlete. But because I grew up in northern Michigan, I grew up in Petoskey, Michigan, which is a great place to live. We had winter sports that we were involved in every winter, just because that's what everybody does. And my two favorite winter sports were snowmobiling and downhill skiing.



Diane Laffoon 03:01

And you know, it's partly because when I was I think five years old, my dad put a pair of skis on me. And he sent me between his skis and he went downhill with me, and I could feel what it's supposed to feel like to ski properly. And so I learned really young and it came very naturally to me. And so I just enjoyed it a lot even though I'm not an athletic person. So years later than when I was early high school days for me. My grandma died, my mom's mom died. And my dad wanted to make the holidays a little bit easier for mom and for the family. Because we're missing her so much. And so for years all through my high school and college years, as soon as Christmas was over dad would pick us all up in the family suburban. And we would head out for that 24 hour drive to Colorado to go skiing for a few days. And it was just a great time a great memories, great ways to think of grandma to and and honor her and remember how much we loved her but great way to make new memories.



Diane Laffoon 04:03

But you know, it was always fun for me because I'm not athletic, to come home to my friends and brag about how I was going high speeds down all these black diamond trails that are for experts only. And honestly though, my favorite runs at the the mountain in Colorado were the runs that would go all the way down the mountain criss cross across the whole mountain. And it would go all the way down. And it was just a great time because it was the longest run so it took a long time. But it was also something that not everybody liked because there were places where there are a lot of trees and I would love to go fast down this crisscross trail because I have been taught so well how to ski that the trees didn't bother me.



Diane Laffoon 04:49

A lot of skiers, when they're going through trees like that. They say to themselves, don't hit the tree. Don't hit the tree, don't hit the tree and boom, they're gonna hit a tree because that's all they're focused on this other thinking About, but my dad had taught me to focus on where you're going focus on the path on the ski trail. And you can go fast when you're focusing on the ski trail, because you're not going to hit anything, but what's your focus on it at ski trail. And so that was always my favorite trail to go down.



Diane Laffoon 05:16

And, you know, it's it's exactly what we're talking about today, when you're telling yourself instead of don't do this, don't do this and focusing on the trade that you're going to hit. You know, if you tell yourself follow the path, follow the path, follow the path and keep

your eye on the trail, you're going to be just fine.



Diane Laffoon 05:31

So what does this have to do with your brain, you know, your brain is always going to do what you tell it to do. So if you're focused on the obstacles, in any situation in your life, you will see all of those obstacles all of the time. If you focused on the goal, the path, the win the, you know, success, then you will see that that's what you need to focus on.



Diane Laffoon 05:52

So first of all, the next time you hear yourself telling yourself, "I can't!" Stop yourself instead and say, "How can I?" Because saying, I can't stops your brain, it stops that train of thought it prevents you from finding a solution, and it prevents you from moving forward. So when you choose to say instead of I can't, you asked yourself, how can I, then your brain will naturally start looking for answers, you'll make yourself think you'll get creative, you'll use your imagination, and you will power through whatever that situation is.



Diane Laffoon 06:25

So instead of I can't do this sport, or I can't do this activity, I can't take on this new hobby. Because I don't know how to say to yourself, Well, how can I learn this new sport? How can I achieve this new activity? How can I learn this new hobby, and then your brain will seek out solutions to that.



Diane Laffoon 06:44

We can all change how we perceive our limitations. And it might be very hard at first. But if you keep asking yourself, how can I it will become easier over time and your brain will naturally go that direction.



Diane Laffoon 06:56

So secondly, if you hear your thoughts saying to yourself, this won't work for me, no, this is no good. This will not work for instead and just adjust your feelings again, adjust your your focus and ask yourself, how can this work for me?



Diane Laffoon 07:12

We spend too much time telling ourselves what we're doing won't work, when faced with the challenge instead say, How can I get this to work for me? How can I get this to work for me? For example, if you're hearing yourself, say to yourself, I This won't work for me because I just don't have time. Change that to how can I prioritize my time, in order to make this work for me? It's just a simple little twist on how you're thinking.



Diane Laffoon 07:40

So thirdly, make it about your own choices. You know, a lot of times when we say I can't, it really means I won't. And so change I can't to I choose. According to dissonance theory, which is a psychological term, saying I choose will eventually change your beliefs about your power in a situation. You'll be begin thinking that you chose that circumstance, and you will have more empowering choices as a result.



Diane Laffoon 08:08

So rather than saying this is a big one, especially if you have limitations that you're trying to put on yourself, rather than saying, I can't have ice cream, say to yourself, I choose not to have ice cream, that's empowering.



Diane Laffoon 08:23

You're telling yourself, it's your choice, and you know your reasons. So otherwise, it just feels like you're restricting yourself and you're limiting yourself. And it's just a negative thing. It's not anything that's going to give you optimism and a positive mindset. And that's no way to choose joy. We're all about choosing joy here.



Diane Laffoon 08:42

The power of the human mind is something that you can never fully grasp. It amazes us all because it is so complex. But guess what, we can harness that too. And we can make it more positive. By changing the way we say things.



Diane Laffoon 08:56

It is frightening and fascinating to understand how powerful that is. And sometimes that

can work against us. But the benefits of having a positive outlook and optimism is astounding. When people have a hopeful attitude. They find themselves with more strength to keep going no matter what happens, because their positive perspective helps them overcome obstacles that are in their way.



Diane Laffoon 09:21

So those three tips again, let's remember them turn I can't into how can I You can also turn I can't this won't work for me into how can this work for me. And then finally, turn I can't into I choose when you're trying to make a change in your life.



Diane Laffoon 09:41

When we have a positive mindset and we look for the good in any given situation. No matter what is happening. We will always find ourselves with enough strength leftover to keep on going and with the ability to choose joy. Because joy isn't something that simply happens to us. We have to choose joy I keep choosing joy every single day.



Diane Laffoon 10:03

Your feedback is so important to me, I would love to hear from you. You know, we have a variety of topics that we cover with this our joy Tip of the Week show here. And I would be interested to hear from you what is your favorite of these topics.



Diane Laffoon 10:16

We talk about living a healthy lifestyle and giving your body the support it needs to work properly.



Diane Laffoon 10:22

We talked about shifting your focus to a positive mindset like we've talked about today.



Diane Laffoon 10:27

We talk here about living in gratitude and living in gratitude each day.



Diane Laffoon 10:32

And then finally, we also talk about always learning new things to keep your brain healthy.



Diane Laffoon 10:38

So what of those topics resonate with you? I would love to hear what you'd like to hear more about. Thanks for watching and please join me next Tuesday and every Tuesday for your joy tip of the week. Bye Bye now.