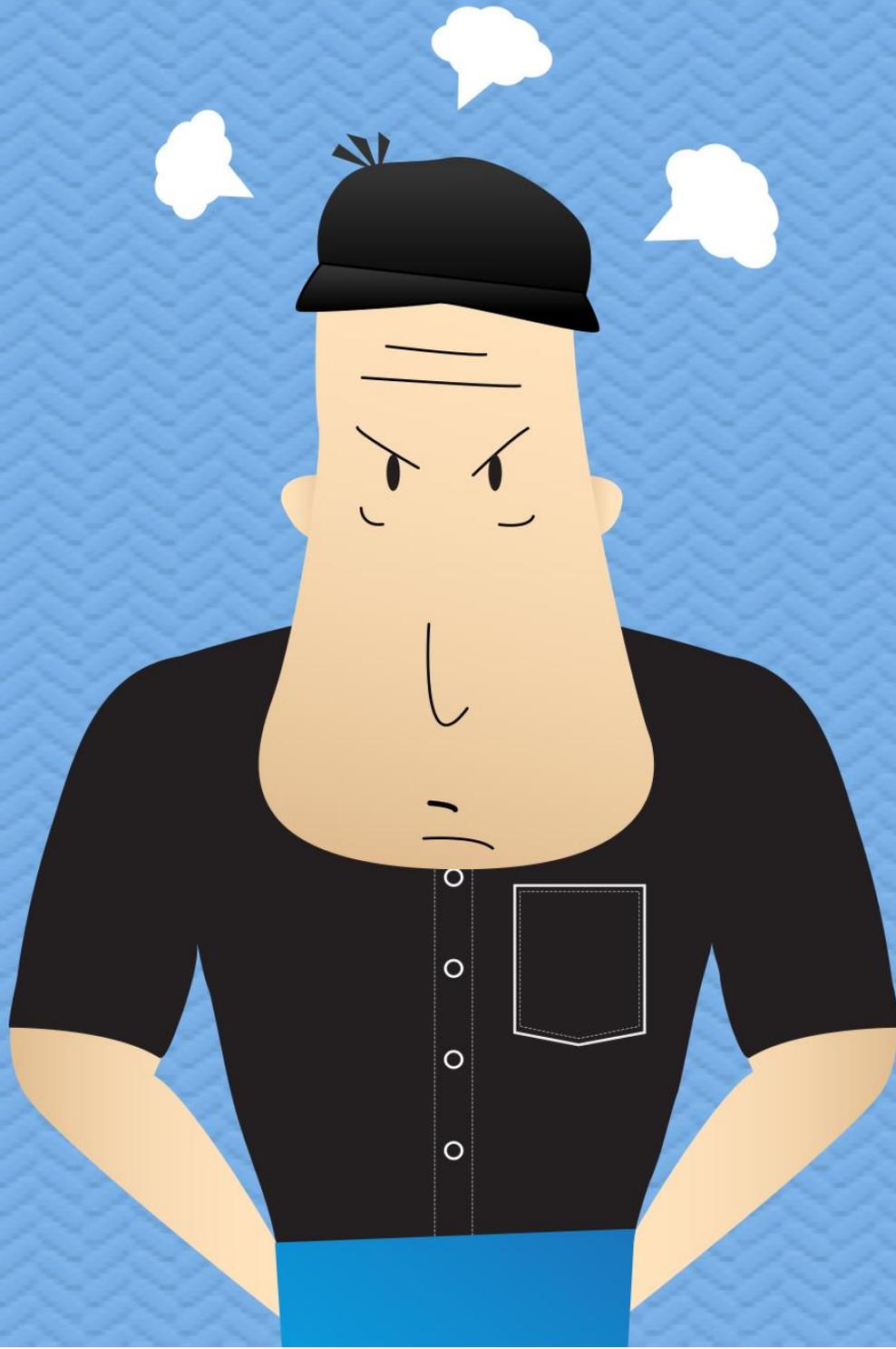


# CUT OUT NEGATIVITY



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# Foreword

Life is full of ups and downs. What's important is you do not know how to give up. Instead, you try to see the bright side of light and perceive life in a positive way. You have to understand that your perception about life has a great impact in your well-being and health.

Being positive will help you eliminate negative self-talk and take control of your life. You will be able to see life with all the possibilities instead of the obstacles and worries that it offers. Let this book provides you with everything that you need to learn about being positive.

## **Cut Out Negativity**

# Chapter 1:

## *Be Positive Resolutions Basics*

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### **Synopsis**

Positive people can help you achieve your dreams while negative people seize such dreams from you. Being positive is associated with several benefits. This is probably why most people consider this as one of the most important New Year's Resolutions that they make.

However, like other resolutions, some people find it hard to make the necessary changes in their life just to become optimistic and remain positive. In order for you to become successful in achieving this goal, it is essential that you determine the factors that can help you attain it more easily and conveniently.

The following are the basics of be positive resolutions:

## **The Basics**

Known for making the lives of people happier, healthier, and more successful, being positive has become a vital part of everyday living. However, viewing the world in positive way is easier said than done. Fortunately, there are several ways that you try to turn your be positive resolutions into a reality.

### **Being Positive Defined**

Being positive or optimistic is when people always look for the best in any situation and expect that good things may still happen regardless of how bad the situation is. Even if something bad happens in their life, they still see the silver lining or light at the end of the tunnel.

Positive people always believe that they are responsible for their own happiness and don't blame others for all the negative things that are happening in their lives. These view their mistakes as an opportunity to learn and improve themselves to become a wiser, better, and stronger individual.

### **Tips for Being Positive**

#### ***Use Positive Affirmations***

It is advisable that you write down all the things that you want to change in yourself. Put these in areas where you can see them

everyday such as in front of your refrigerator, in your cork board, or in the mirror.

### ***Change Negative Thought Into Positive Ones***

Negativity can be hard to eliminate if you keep on having negative thoughts. Although it may seem difficult, this negative feeling is all about mindset. This means that if you think negatively, you will view all the things around you in the same manner. Instead of this, why not try to look for the bright side of any negative situation?

### ***Surround Yourself With Positive People***

They say that habits and attitudes can be contagious. For this reason, it is important that you surround yourself with positive people who will encourage you to do your best and help you attain whatever goals you have. It would also help if you start weaving positive activities in your life.

### ***Start Making Changes***

Instead of contemplating about what can be the possible effects of a certain situation in your life, start thinking about the best ways to prevent the impact of such situation. It is already part of living to take risks. What's important that you are prepared for the things that in

can bring. Use your negative experiences to make better decisions and build your character.

### ***Share Your Problems***

Dealing with your problems in your own can have a detrimental effect on your health. Allowing yourself to struggle can just make things worse. Sharing your hardships with someone you trust allows you to receive some pieces of advice and encouragement that you can use to re-focus on your courage, perseverance, and strength.

### ***Create a Positive Environment***

Making developments or changes in your office space, room, or house can make you feel welcomed, relaxed, and relaxed.

### ***Be a Rational Optimist***

Being an optimist does not mean that you have to pretend that nothing bad will happen. This mentality can trigger you to make poor decisions in your life and make matters worse. You have to learn how to prepare for the worst but still hope for the best. You can become an optimist without being an extrovert.

# Chapter 2:

## *Understand What Brings You Down*

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### **Synopsis**

At some point in their life, people will feel down without knowing why. There are several things in life that have a significant impact on the way people make decisions, deal with problem, and live their life. Sometimes, these things are the ones that bring them down instead of helping them move on.

The best ways to deal with the things that bring you down is to know and understand them first. This way, it would be easier for you think of ways on how you can prevent them.

The following are the things that bring people down:

#### **Loss**

Losing someone close to them can discourage people to move on with their life. Some people who have experienced tragedy or loss in the past find hard to fully grieve and accepted the loss. Saying goodbye to a person who loved, cared, and influenced them in so many ways is

one of the hardest but the most important decisions that they have to make.

### **Series of Failures**

Experiencing failures in various aspects of their life including work, family, school and relationship can make people believe that they are indeed a failure. This prevents them from trying new things that can improve them as a person and choose to get stuck in a notion that whatever they do, they will still fail.

### **Fear**

Fear is an emotion triggered by perceived threats. It is an important part in keeping you safe as it serves as a basic survival mechanism that signals your body to respond to a danger with a flight response. However, living in constant fear can make you become incapacitated. Your brain may perceive things negatively and make you remember that way. Fear can bring you down, drive you to destructive habits, create doubt, and stifle your thinking and actions. It can affect your mental and physical well-being regardless of whether the threat is real or perceived.

### **Strained Family Ties**

Your family defines who you are. Unfortunately, some people are forced to make decision of whether they should continue their

strained family relationship or will it be better if they just break the ties that they have. Your family may sometimes drive you nuts, but they are also the ones that rush to your side during times when you needed them the most. However, even though your family can bring you down, it is imperative that you evaluate your relationship with them before you decide whether cutting family ties is worth it or not.

### **Permanent Disability**

Physical disabilities can bring profound effects on the attitudes and lifestyle of people. It requires them to make necessary adjustments not just physically but psychologically and emotionally as well. Most people who have permanent physical disability grow up with limitations when it comes to making life choices and activities. In some cases, it can bring them down to the point when they no longer interested to try new things and strive to attain whatever they want to achieve in life.

### **Depression**

Untreated depression can pose serious problems in your relationship with others, in the way you do your job, and in overcoming serious diseases. People who are experiencing depression do not have the capability to pull themselves together. Moreover, the quality of their lives can also be adversely affected by this condition as the problems arising from personal and social relationships as well as at home and at work are becoming hard to resolve.

## **Not Being Recognized**

All people need to be appreciated and recognized. However, not all of them receive this kind of treatment, making them feel undervalued. People who are happier in their life are the ones whose great work is being recognized by the people around them including their family and employer. According to psychologists, people need a certain amount of recognition and rewards from others in order to remain emotionally and physically healthy. It also prevents them from feeling down knowing that all their hard work is being appreciated.

## **Poor Self-Esteem and Lack of Self-Worth**

Do not believing in your own capability and skills can prevent you from doing your best and become a much better person that you used to be. You have to keep in mind that they are still people who appreciate and value you as a person and trust in your capacity to overcome various life challenges. Being positive involves improving your self-esteem and your self-worth.

# Chapter 3:

## *Understand Who Brings You Down*

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### **Synopsis**

The things around you are not just the ones that can bring you down. Sometimes, there are certain types of people who will discourage you and make you think and see life in a negative way. Sadly, seeing things negatively leaves no room for your positive sides to grow. These people will sometimes pass unkind remarks or do things just to stop you from succeeding and surpassing what you have attained.

The negative vibes that these people bring can add more misery to your life. That is why it is important that you are aware of the people who will be happy to see you live as a pessimistic person. It would be better if you ignore these persons and be strong enough to move one from them. Ignoring them does not mean that you hate them, it just means that you care more about your well-being than their opinions and criticisms.

The following are the people who can bring you down and make happiness harder for you to experience:

## **Impossible to Please**

There are people who are really hard to please. Sometimes, it is better to accept the fact that you will never please them no matter what you do that keep on exerting effort to something that you know from the start that it will not deliver positive results.

At some point in your life, you will meet people who will treat you badly, disrespect you, and discredit you for no particular reason. The best thing that you can do in this kind of situation is to simply walk away. Do not have to consumer yourself trying harder just to win their approval especially if you already tried that before but they are still not pleased.

## **Fake Friends**

Friends are the ones whom we can rely on in times when we needed a shoulder to cry on. They become you siblings by faith. Unfortunately, there are also people who pretend to be your friend when in fact they only treat you as one because you are beneficial to them. Fake friends only remember you when they need your help. For this reason, it is essential that you are careful when choosing people whom you will include in your circle of friends.

It also pays to know the qualities of friends who can bring you down instead of helping you get up after failing. “Fake” friends will not accept you for who you are no matter how hard to you try to fit in.

They want to see you get in trouble and do something wrong. This type of friends also turns their back on you and brings you down by not being there when you needed them the most and by not staying true to their promises.

### **Bullies**

Bullies make the life of people more complicated. They prioritize their needs and feeling over the people around them. Bullies use their negativity to scare and intimidate you as well as manipulate your thoughts. They will say and do anything to make you do what they want you to do for them. They manipulate people for their own personal gain.

### **Unforgiving People**

All people make mistakes. What's important is that you take an effort to correct such mistake, learn from it, and think of ways on how you can prevent yourself from committing the same mistake. However, there are people who find it hard to forgive those who did something wrong to them or do not support you in your goal of growing beyond your past mistakes.

Use you past mistakes as your guide when living in the present and planning for your future. If the people around you constantly judge you based on the mistakes that you have committed in the past or use such mistakes to hold it against you and use them to bring you down, it would be best if you leave them behind.

## **Drama Queen**

Yes! Drama queens can also bring you down. They are the type of people who always want to create controversy and outlandish antics for no apparent reason. The ideal thing that you can do if you happen to personally know a drama queen is to ignore them and just walk-away.

You have to do your best to make sure that you do not fall into their antics. Deal with them in a calmer and more confident manner as you do not want to stir up your own controversy. When possible, you can show them how to manage different problems in life. Instead of allowing them to bring you down, be the one who inspire, educate, and encourage people to always practice compassion and understanding.

## **People Who Insist That You Should Be Someone Else**

Be proud of who you are! You have to create your own identity and not the one that is copied from others. There is no better feelings than to know that the people around you accept you for who you are and not the one they want you to become.

Unfortunately, there are people who do not see and appreciate the developments that you made for yourself that speak of who you really are. They keep on insisting that you will become a better person if you

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