

FOUR TOOLS TO ACHIEVE A MORE POSITIVE OUTLOOK AND OUTCOME

Featuring Chelsea Brehens



There's so much career advice out there about how you can acquire useful skills, improve your networking strategies, and better negotiate everything from business deals to your own salary. But as helpful as all those guidelines are, there's one bit of advice that doesn't get shared often enough: To truly excel in your career, it's important to have a positive outlook.

Chelsea Behrens told us, "In order to go after a new type of career opportunity, I had to change the way that I thought about what I could do."

How did she accomplish this change in mindset? Here are her top 4 tools to achieve a more positive outlook:

STEP 1

Gratitude

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Recognize what you're grateful for! This will help retrain your brain to look for the positive instead of the negative. Take a few moments to write down 3+ things you're grateful for each day.



Watch Hailey Bartholomew's TEDxQUT talk, "365 Happiness Project"

STEP 2

Meditation

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You don't have to stop your thoughts (which is nearly impossible, anyway!). Instead, simply observe your thoughts.

Acknowledge them without trying to change them.

Try some of these Meditation Apps to help you in practicing meditation:

- | | | | | |
|---|---------------|---|---|---|
|  | Calm | - |  |  |
|  | Simple Habit | - |  |  |
|  | Headspace | - |  |  |
|  | Insight Timer | - |  |  |

STEP 3

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Visualization



Athletes do this a lot, and it helps! Visualize yourself with confidence or success. Your subconscious brain doesn't know the difference between your imagination and real life, so it will help you recreate what you've visualized.



Try the EnVision - Daily
Visualization App.



STEP 4

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Affirmations



Switch your self-talk so that you're telling yourself encouragements and good qualities you possess. Soon you'll start to internalize these affirmations.



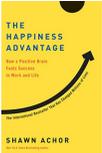
Try using the affirmation app, ThinkUp.



BONUS

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In addition to the above actions and resources, be sure to read these books – all recommended by Chelsea Behrens:



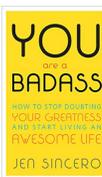
The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life by Shawn Achor



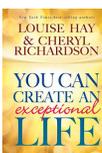
30 Days - Change Your Habits, Change Your Life by Marc Reklau



The Miracle Morning: The Not-So-Obvious Secret Guaranteed to Transform Your Life (Before 8AM) by Hal Elrod



You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero



You Can Create An Exceptional Life by Louise Hay & Cheryl Richardson

Use these tools, apps, and books to change your perspective and retrain your brain to think differently. In no time, you'll have a more positive outlook... leading to more positive outcomes at work.

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