

Love and Treasure This Moment of Introspection: Positivity vs. Negativity

Take a moment to ask yourself the following questions honestly and without censorship. You do not need to answer every question, but be sure to answer those that catch your eye, particularly, those that you're afraid of answering.

- Do you focus on the negative aspects of your life to learn about the positive aspects? If so, which negative aspects help you in this regard?
- Do you have a fixation on finding fault and an interest in failures? How does this show up in your life?
- What is the negative aspect about humanity that most interests you? Why do you think that is?
- What is the positive aspect about humanity that most interests you? Why do you think that is?
- When you were in school, which weaknesses was brought to your attention the most as an "encouragement" to minimize or eliminate it? Has this externally "perceived weakness" benefitted you in some way? If so, how? Has it truly damaged your life (as some people may have been convinced it would)?
- What weakness has come up in your work performance evaluations that has hurt your feelings the most? Is it possible that this criticism is your greatest treasure and that it hurt you the way that it did because you know, deep down, that it is your charisma (unique gift) that you're meant to share with the world?
- According to you what is your greatest strength?
- According to you, what is your greatest weakness?
- Given where you are right now in life, does it serve you more to focus on increasing the impact of your greatest strength or reducing the impact of your greatest weakness?
- Do most activities that you participate in push you forward in life or drag you down?

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- As you may know Jim Rohn said, "You are the average of the five people you spend the most time with. " Who are the 5 people you spend the most time with? Are they positive or negative for you?
- What topics do you like to talk about with most people you encounter? Is it uplifting information or negative information?
- Does watching the news inspire you to do something about the world? What positive action have you taken because of watching the news? (If you answer nothing--- you're not alone).
- Do you think good news has the potential of selling?
- Do you find good news boring?
- Are the shows that you watch more positive or negative?
- What do you tell yourself to justify watching a horror or war film? Are you never, sometimes, or always relieved when this type of film is over? What does this tell you?
- Knowing what you know about the world and what it needs help with... if you didn't focus on the negative things that you do, and focused on creating positive things instead, what would you do?
- What prevails in your mind? Negative self-talk or positive self talk? (If you're not sure, take a paper, a note card or a post-it, draw a T-chart, meaning a large "t" that occupies the majority of the paper. One one-side label it positive on the other side label it negative. Monitor your thoughts for a day and notice whether your thoughts are positive or negative. And most importantly, do something about it. What is the easiest thing you can do? Replace the old thoughts with new thoughts. Affirmations helps, mantras, a positive phrase, or even a positive word).
- Do you think that the negative things you experience give you something to talk about with your family and friends?

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- When you share negative things with your family, and friends, what are you secretly expecting from them? Compassion? Pity? Surprise? A witness? An ally?
- What changes do you have to make in your life so that you give the opportunity for positive things to flow super easily into your life?
- Really, deeeeeep down... do you think/believe you can help the world more by focusing on the negative information of the world or the positive? Do your actions match up to that belief?
- What did you feel after reading the positive statistics?
- Can you believe you are in many ways wealthier than many kings, queens, pharaohs and spiritual leaders?
- Did you enjoy history when you were in school? Why or why not?
- Do you think that it's now better to focus on the past, or in the potential of the present and future?
- What is more likely to occur in your life? A disaster or a pleasant surprise? Why?
- Do you think that regardless of whether your past has been good or bad, that your past experiences should dictate your future?
- What can you start telling yourself today or what action can you start taking so that you can find more things that make you happy instead of things that worry you and make you sad?