

## **Acceptance**

The first step to overcoming any challenge is to accept the situation that you're in.

Every time you catch yourself wishing things were different, acknowledge the thought and just be aware you're having that thought.

Every time you are rushing through what you are doing now so you can get to the next situation quicker because you would prefer that situation than this one, acknowledge the thought and just be aware you're having it.

Stop verbally and mentally complaining about the problem, these words and thoughts create a negative feedback loop - (thoughts - situation you don't want - thoughts).

Take a deep breath and accept the situation that you are unhappy with.

Resistance creates persistence, the more you keep rejecting the situation or emotions that come up during the situation, the more they will keep showing up.

Don't 'predict' that this situation will keep happening (because you are so unlucky).

Stop wishing that all the problems would just disappear.

Be present with any emotions or physical sensations that you are feeling and allow yourself to feel them. State what is it that you're feeling, physically or emotionally, without judging it either good or bad.

Create a new mental pathway of how to move through the problem you're resisting rather than turning away from it and using unhelpful distraction techniques such as eating and drinking alcohol.

Find time to be present and don't let your daily priorities distract you.

## **Affirmations**

Make statements that you do want to be true in the "I am" "I have" format.

I am happy  
I have a bright future ahead  
I have all the time freedom I desire  
I have the ability to run my own schedule  
I am fulfilling my soul purpose  
I am healthy  
I go walking every day  
I make choices that help my soul purpose  
I am able to heal myself

## **Flipping / Reframing**

Ask yourself - what if this situation is happening **FOR** me and not to me?

Think of everything you don't like about the situation and write it down stating that you **DO** like it.

What can I appreciate about this situation?

What can I learn from this situation?

What is humorous about this situation?

Where is the opportunity in this situation?

What if statements/ questions..... make a statement that is contrary to your current thought pattern e.g. if you are suffering from stress, ask yourself "what if I am not stressed, what if it's all a lie and I am actually relaxed?"

## **Gratitude**

Write down what I have to be grateful about this situation and life in general.

Here are a few examples:

My good health.

Access to clean water and healthy food

Clean air and access to countryside

My positive mindset and inner drive to succeed and keep moving forward.

My ability to always find solutions to problems.

My ability to heal myself, mentally, physically and emotionally.

My previous academic accomplishments.

My healthy children.

Help and support from family.

Ability to carve time out for myself if I want to.

Freedom to make my own decisions about today and the rest of my life.

Freedom to choose where I go, when I go and who I go with.

Freedom of expression, no limits placed on me by culture/ government.

## **Love/ Compassion (acts of kindness)**

Ask yourself, how can I find love in this situation?

Is love the missing ingredient here? Is a lack of love contributing to my suffering? If so, where is the lack of love, towards others or towards myself or both?

What acts of love and kindness can I consciously carry out today or this week?

Do I need to balance any karma? what acts of kindness can I carry out to counterbalance any negative karma?