

Snap Out of It

It takes a positive attitude to achieve positive results.

"Positive mind. Positive Vibes. Positive Life"

"It Takes a Positive Attitude to Achieve Positive Results."

"Your attitude is everything."

"Positive action, combined with positives thinking, results in success."

The list of quotes about positive mind are endless. Yet how often do people struggle with keeping a positive mindset? Some times things don't always go as planned. Nor do we always wake up and jump out of bed as chipper as can be. We doubt ourselves and often allow the negative thinking to take over... and we know that isn't a good thing. Ergo... the rubber band!

Sales Huddle Energizer

Introduce this activity and circle back throughout the week for updates.

1. Place a rubber band on your wrist.
2. Each time you have a negative or limiting belief thought - POP the band (ouch) and say, "Cancel Clear!"
3. Followed by, 'Thank you for that thought. It no longer serves me.'
4. Next, reframe the thought in a positive way, such as:
 - I am capable of achieving goals. I've done it many times before and will do it again now!
 - My body is my temple and it heals itself.
 - Good things come my way because I deserve them.
 - Customers buy from me all the time and are thrilled at the results.

Get your rubber bands out - have some fun - and feel the energy and excitement in the air!