

Good morning and happy Monday team!

I hope you all had a great weekend with your support squad. This week will be the final Positive Thinking Motivational Monday series. This week we will look at planning for long-term success with thinking positive every day. Here we will integrate what we have learned in previous posts, identify takeaways, reflect on the shifts we have already made, and strategize to ensure continued success on our positive mindset journey.

Remember the keys to success: self-care, self-love, structure, and support

Scheduling Self-Care

Three Daily Activities:

1. _____
2. _____
3. _____

Three Weekly Activities:

1. _____
2. _____
3. _____

Three Monthly Activities:

1. _____
2. _____
3. _____

Three Yearly Activities:

1. _____
2. _____
3. _____

Managing Self-Sabotage

As we move forward in our positive mindset journey, it's helpful to have a plan should backdraft and self-sabotage arise. Backdraft is the self-critical patterns and distressing emotions that arise as you begin your healing journey. Self-sabotage is the act of stopping yourself from engaging in healthy behaviors and/or growth. Both backdraft and self-sabotage are functions of your inner critic. Use the prompts below to identify self-sabotage and setbacks to positive thinking.

Identify the **emotion** that you felt in the moment: _____

Identify the **thoughts or cognitions** you had in the moment: _____

Identify what **physical response** you had in the moment: _____

Validate why this response was showing up by identifying its protective function: _____

Did you **support yourself** in this moment and how so? _____

Five Tools for Long-Term Success

1. Use a calendar
2. Practice daily gratitude
3. Embrace your support systems
4. Be unapologetically authentic
5. Rest and recharge

Honor Your Accomplishments

Acknowledging your accomplishments and successes is a great motivator and a lovely way to recognize how resilient you have been in your life. Identify accomplishments you have achieved in the **past**, **present**, and are planning on achieving in the **future**.

I am so proud of you all. You have shown up for yourself in huge ways. Take a moment to honor your journey. Keep using these tools. Keep acknowledging how worthy you are of this journey. You accomplished something profound. You invested in your well-being. I have no doubt that you will continue to see the lifelong benefits of what positive thinking has to offer. It will help you get through the hard times while also helping you savor the good times. Positive thinking is always here for you.

Next week, we will dive into *The Motivational Interviewing Workbook: Exercises to Decide What You Want and How to Get There* by Angela Wood, PhD.

“Be Mindful, Be Grateful, Be Positive, Be True, Be Kind.”

- Roy T. Bennett

Peace,
Maggie

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