

**Getting rid of negative thoughts** is as easy as 1, 2, 3 - (1) Deflect (2) Reflect (3) Reject. Always be thinking positive, but if the bad/intrusive/OCD thoughts enter your mind, follow the process just below:

**1. Deflect** - You don't want negative thoughts sticking around, so stay calm, relax your mind and immediately deflect them (like a shield) so as not to give them substance. Pretend you're Mel Gibson in Braveheart and the negative thoughts are all those arrows being fired at you, but you hold up an indestructible shield in front of you and all the arrows are either blocked or bounce away.

**2. Reflect** - At the same time you're deflecting, reflect and recognize why the negative thoughts are there in the first place (experiences from your past, fear of the unknown, etc.). This will help you come to grips with them and more easily dismiss them if they come around again. This is not the same thing as taking ownership of the thoughts (which are happy thoughts you want to hang on to or dwell on). It's simply acknowledging that they are there and why they are there. It's a way of helping us understand ourselves better to rid ourselves of the negative past (or present) while moving on to a brighter future.

For example, as you reflect, simply tell yourself things like "Oh, that's just OCD" or "Oh, that's just negative" or "Oh, that's not me" or "Oh, that's just my bad temper" or "Oh, that's just from past mistakes" or "Oh, that's just anxiety" or "Oh, that's just me feeling sorry for myself", etc., etc. Do you see what I'm getting at? Once you start labeling these negative thoughts, it makes it much easier to laugh them off and let them go.

Better yet, as time goes on, you'll want to deflect, reflect and reject

as quickly as possible. In that light, as soon as it works for you, shorten the above reflection sentences to things like, "Just OCD" or "Just anxiety" or "Not me", etc., etc. This allows you to spend even less time on the negative to positive transition process and gets you on the road to ultimate success that much faster.

**3. Reject** - Once you've deflected and reflected these negative thoughts, it's time to reject them .. for good. Tell yourself you're not ever taking ownership of such thoughts (because they're bad for you) and, in your mind's eye, watch them being swept away (ie. like with a broom) and disintegrated into thin air. Then immediately refocus and channel your thoughts onto positive things in your life.

Say you're driving along on a nice sunny day minding your own business and someone cuts you off. They come very close to hitting your car, but they don't. This happens way more often than it should. I know. I've been in that situation many times in my lengthy driving career. It used to really anger me that they would do that and my first thought was always some kind of retaliation, at least in my mind. I would stew about it for a while letting the negative 'angry' feeling ruin part of my day, including the pleasant drive I was experiencing.

But, why? They didn't hit my car and retaliation would only lead to something worse, like a fight or car accident. So, does it really make sense to dwell on the negative? No. The positive is that I was still alive, my car was intact and the sun was still out. So, I should have immediately let go of (deflected) those negative thoughts, saw them for what they were - unnecessary angry feelings (reflected), dismissed them (rejected) and focused on the positive, like a beautiful sunny day, a nice drive and no car damage. This would have prevented unnecessary stress and positively contributed to my overall wellbeing.

In the beginning, this whole process should only take few seconds. After a while, with practice, it should only take a split second and

eventually it will be so easy that the negative thoughts will all but disappear and most of your brain activity will be occupied by positive thoughts. The key is to do your best to always follow this process, but if you find yourself getting off track, immediately get back on track and continue following the process.

By constantly following this process and actively thinking positive, the negative thoughts should lessen and all but disappear over time. One key element is to allow your mind to be calm and relaxed when the intrusive thoughts come instead of becoming frustrated and agitated, which will just increase their presence in your mind. So, keep your mind calm when the bad thoughts come and use the above process to get rid of them. Bad thoughts include all negative thoughts (OCD, intrusive, harmful, evil, etc.)

All too often, many of us tend to dwell on the negative. Due to our circumstances, we feel that life is unfair and that bad things keep happening to us (like losing a job, being dumped by your girlfriend, etc.). I say join the club. We're not alone. Bad, or negative, things happen to all of us. It's up to us to deal with negative life events in a positive way. The reality is we can overcome negativity by staying positive.

That's what this book is all about - changing from the negative to the positive in every area of our lives, including our thoughts, our mental and physical health and ultimately to overall success in our lives. For us to be successful, both personally and professionally, and to achieve financial independence, if that's what we desire, we must stop feeling sorry for ourselves and focus our attention on productive and positive changes in our lives.

For myself, as I'm getting older, I tend to drop things a lot more often than I used to and this is very frustrating and actually used to anger me to the point where I'd do and say things that I regretted

afterwards. This is just one example of the type of negativity we just need to let go of and turn it into a positive. For example, now when I drop things I either laugh it off or simply ignore it and pick up whatever I dropped and get back to business. By the way, laughter is positive and good for our health.

This is a much healthier and constructive way to deal with a frustrating experience and doesn't cause unnecessary negative energy and stress. It's uplifting when we can laugh at ourselves, so it's another way to keep things positive and moving forward in the right direction, which, ultimately is success in life.

After you go through this process and notice the negative thoughts are becoming fewer and far between, then come up with one word to replace the whole process, such as 'no'. For example, as soon as you recognize the intrusive (negative) thought, in your mind, say 'no' and move on to your positive thinking again. The word can be anything that makes sense to you. For me, I chose 'no' because it's simple and reflects my view of 'no more', meaning no more negative thoughts.

When you get to this point and when negative thoughts attempt to creep in, your mind will immediately say 'no', or whatever word you decide on, and this will be the whole process of getting rid of the negative thoughts because your word is all you need to deflect, reflect and reject all negative thoughts. But getting to this point takes time so don't rush it.