

Negative Talk!

Let's play a game. Every time you encounter someone, time how long it takes for them to say something negative. Anything counts; "it sure is cold" or "how about that traffic". You will be amazed. It is as if we are all preprogrammed to talk about negative stuff. Watch the news on [CNN](#), crazy stuff, war, disasters, murder, gang violence, rape, fire, political mayhem, and the list goes on. We are inundated with bad news.

Then you go to work and guess what everyone talks about, that's right all the bad news they saw on the news!
Well good morning!

Even in casual conversation we focus on problems, illness, car problems, slow internet, work colleagues, etc. In fact it is almost taboo to talk about good things that are happening to you. Are you kidding! Life is amazing and exciting and fun. Enjoy, share the good times and embrace your successes!

One of my [New Year's resolutions](#) was to refocus on avoiding negative talk. To become aware of it and eliminate it. When others around me become negative to point it out, and/or change the spirit of the conversation to a positive. Sounds good doesn't it. So I am telling this guy about the idea and the first thing out of his mouth was, "good luck with that". Ah yes we have some work to do.



Be positive, stay happy,
don't let the negativity or
drama of the world get
you down.
SMILE !! ^_^



NO
NEGATIVE SELF
TALK, EXCUSES,
OR GIVING UP
ALLOWED HERE.

Living in [Sacramento](#) it gets hot, real hot. No one should be shocked by the summer heat. It is unbelievable how people will complain! Oh the heat is horrible. Yes and I love it, feels like real summer, BBQ go to the river, beautiful evenings. I choose to embrace the weather. Plus if you let the weather dictate your mood you have lost control.

One time I was at a seminar and first thing in the morning is a wonderful time as I get to meet other DC's and chat a bit. So this one DC comes in who I know fairly well and he has a very successful practice and is as positive as you can be. The next DC comes in and immediately starts complaining. The drive was long, there was traffic, it was cold outside, it was going to be a long day, I can't believe the board increased the requirements. It was a machine gun of negativity. The positive DC walks right past them and without hesitation said, "I can see I won't be sitting next to you with that attitude", and walked out of the room. Well the negative DC was pretty positive the rest of the day! The change was made!



I'M
ALLERGIC
TO
NEGATIVE
PEOPLE

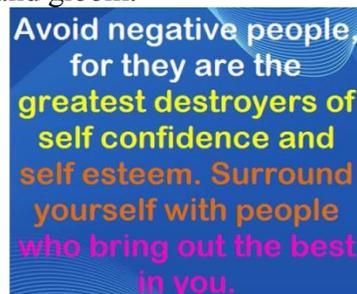


People Too Weak
To Follow Their
Own Dreams,
Will Always
Find a Way To
Discourage Yours

How often do you hear the excuses for struggles in business? All the time! Oh the economy is bad, things have changed, it's raining, on and on reinforcing all the doom and gloom.



PEOPLE WHO SAY
IT CANNOT BE
DONE SHOULD NOT
INTERRUPT THOSE
WHO ARE DOING IT



Avoid negative people,
for they are the
greatest destroyers of
self confidence and
self esteem. Surround
yourself with people
who bring out the best
in you.

So how is it the business across town is prospering? Not every business struggles, in fact many are doing better than ever. Avoid or help those folks that fall into that negative space. Remind them how amazing things are!

Join me in a New Year of focusing on being positive and avoiding the negative. Now to be sure this is not an easy goal. Life constantly throws you a curve ball so you have to stay on your game and constantly be aware.

*“An important attribute
in successful people is
their impatience with
negative thinking and
negative-acting people.”*

WHEN PEOPLE UNDERMINE
YOUR DREAMS,
PREDICT YOUR DOOM OR
CRITICIZE YOU,
REMEMBER THEY'RE TELLING YOU
THEIR STORY,
NOT YOURS.

New Year's resolutions themselves are tough. Only 1% of people actually make it the entire year and 93% blow it by January 12th! So game on!