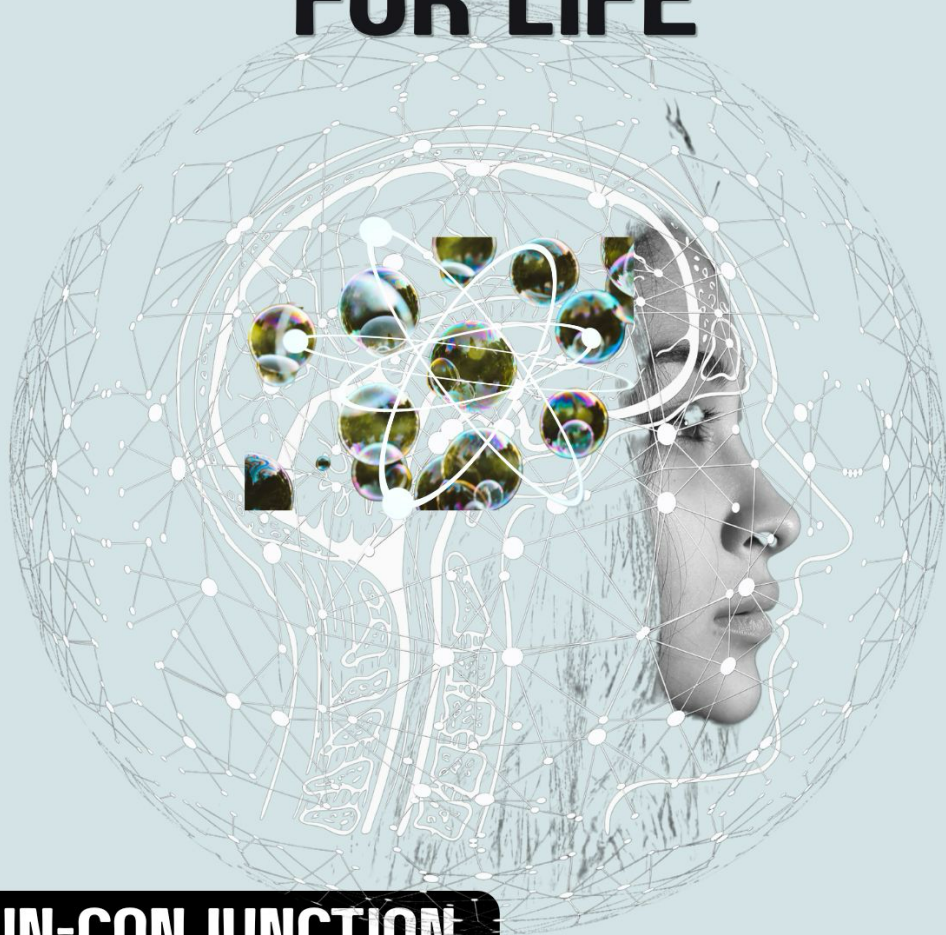


SARAH DAVIS

POSITIVE THINKING FOR LIFE



**IN-CONJUNCTION
WITH THE BOOK**

WORKBOOK

SQROL SERIES

The Square Root of Life

2nd Edition 2024

PRINTABLE

WORKBOOK

Positive Thinking

4

Life

Sarah Davis

Fundamental techniques for Positive Thinking:

Remove stress,
Beat depression
Learn NEW Techniques
Live NEW habits
.... Start living
life

THE WAY YOU TRULY DESIRE
(& Deserve)

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DISCLAIMER

All the information, techniques, skills and concepts contained within this publication are of the nature of general comment only and are intended to be educational and not in any way recommended as individual advice. The intent is to offer a variety of information to provide a wider range of choices now and in the future, recognising that we all have widely diverse circumstances and viewpoints.

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It is recommended that the reader obtain their own independent advice.

These techniques are not to replace any medication prescribed by a healthcare professional.

The information is not medical advice, and should not be treated as such.

You must not rely on the information in this book as an alternative to medical advice from your doctor or other professional healthcare provider.

If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider.

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You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this book.

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Conduct of life.

It only takes one...

One cell to create a living thing

One dream to create a life

One hope to return life from hopelessness

One person to save countless lives

One tree to sprout a thousand vines

One thought to change reality

One book to change your beliefs

One idea to change your mindset

If you had to come up with the number of total life experiences you have encountered until today, it would be the tens of thousands.

We lead a complex existence that has endless experiences. These seemingly unrelated experiences make up who we are today, they define how we think, how we respond and react to the world around us.

The square root of your life = YOU

Section 1

“Follow your bliss and the
Universe
will open doors
where there were
only walls.”

Joseph Campbell

This belongs to:

Aka;

Who on this day. */.* */.*20 *.*

Declares :

Current Paradigm: *List >beliefs, Values, core views*

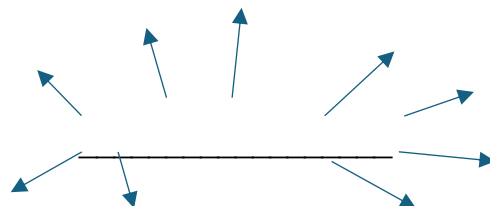
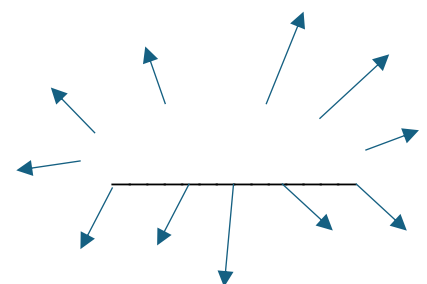
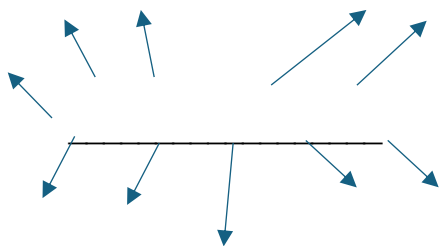
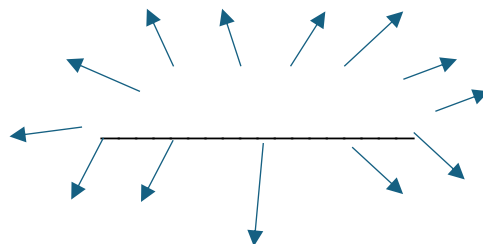
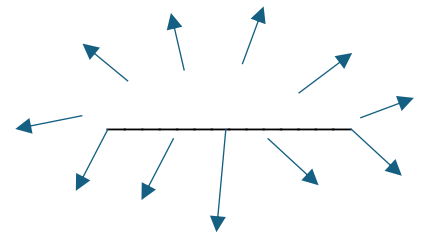
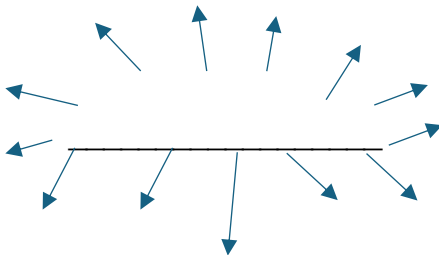
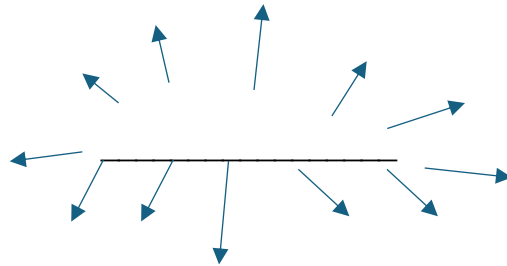
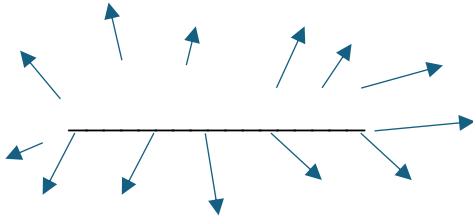
Affirmation: "I AM:

Belief to change: "I CAN:

Action : "I Will :

Task 1. > Areas needing change – problems you feel you are currently facing:

List them on the page, leaving a big gap around each word- Every new word- approximately a 3 line space / gap - Write down every ailment that you feel you are experiencing. Everything that is affecting your happiness or causing sadness



Now we are going to do a brainstorm for each of the above ^

Draw a mind map for each word; circle around the word and sunrays point to a blank area...> you are able to then list the first word that comes to your mind relating to each for every arrow surrounding it.

Write down:

Areas needing change – problems you feel you are currently facing. Ie:

- Relationships
- Income
- Stress
- Career
- Wealth
- Health
- Happiness
- Desires

List them on the page, leaving a big gap around each word

Write down every dissatisfaction that you feel you are experiencing in life.

Ie:

- Not enough Money
- Not being Valued
-etcetera

List everything that is affecting your happiness, causing sadness, creating stress, decreasing your energy or feels like a waste of your time.

The idea is to be as detailed as you can, be honest and open with yourself so you can assess what is causing these reactions in you that are displeasing. Learning in the process how to dilute the notion in your sub-conscious mind.

By detailing the issues, and physically writing it down you are opening your minds eye to the resolution, that will then transform the assumption that the issue will be resolved through this technique.

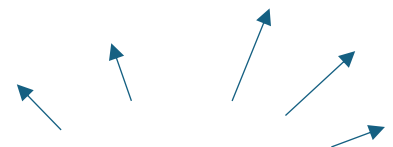
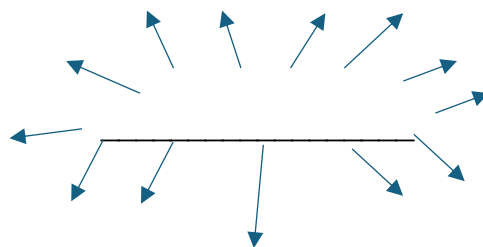
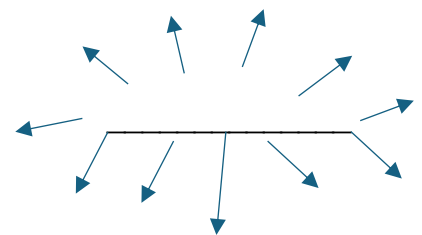
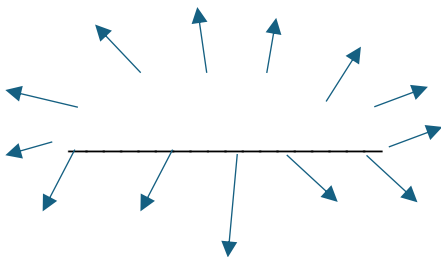
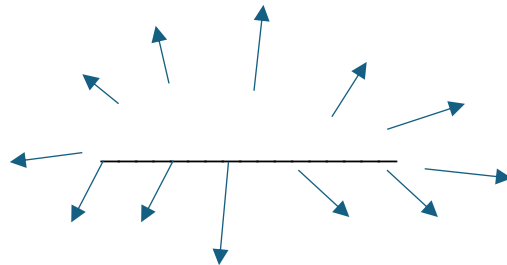
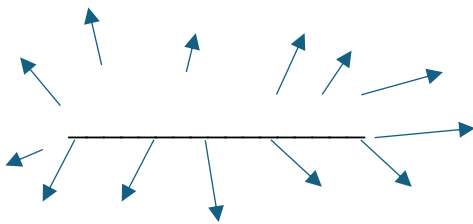
Follow the instruction on the Chapter: HOW: Brain storming & Mind Mapping in the "Positive Thinking for life" book.

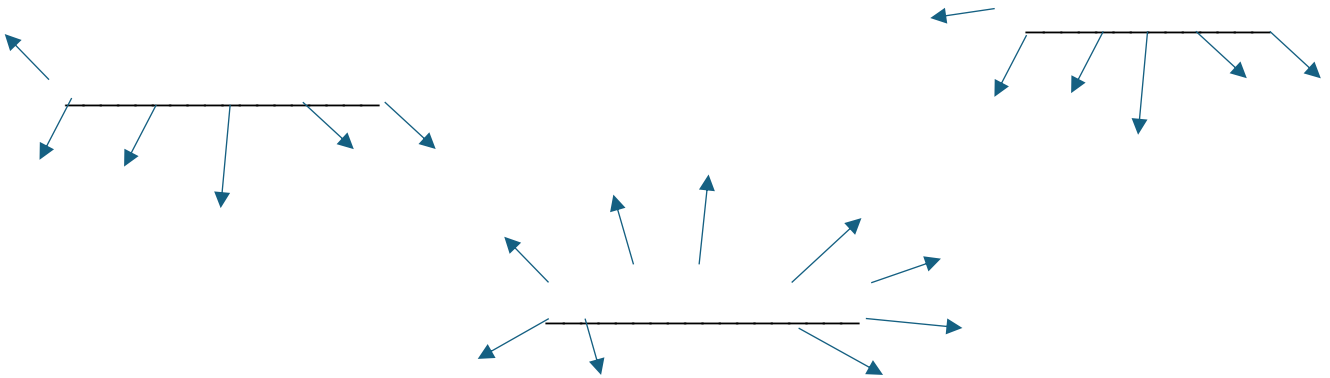
Task 2

On the second page - rewrite the list > same words

Do another mind mapping exercise only this time write the opposite to the original mind mapping “arm” you have on page 1.

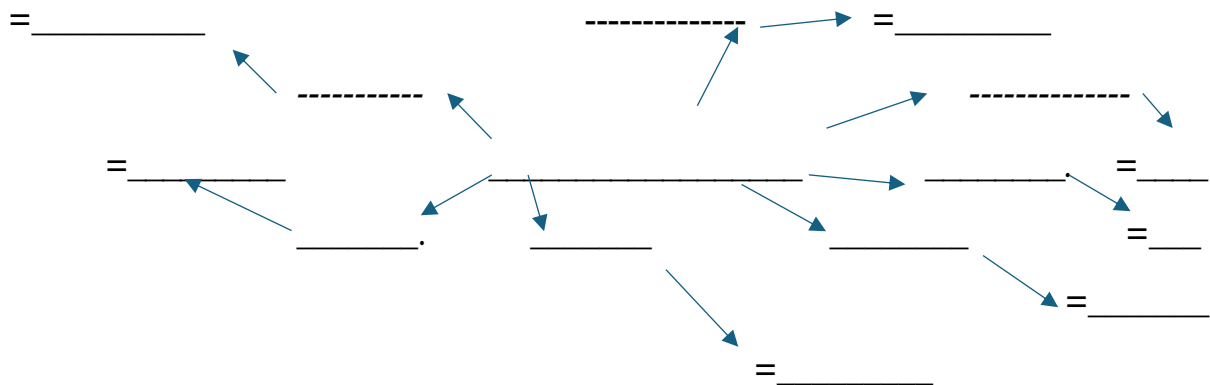
Write the areas outlining as many “Positive aspects” as you can on the same issues as page 1. > *Areas needing change – problems you feel you are currently facing:*



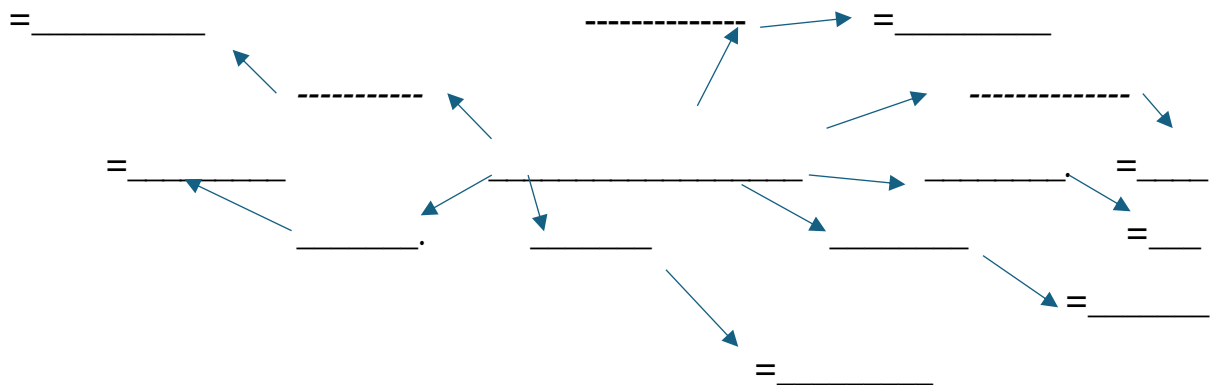


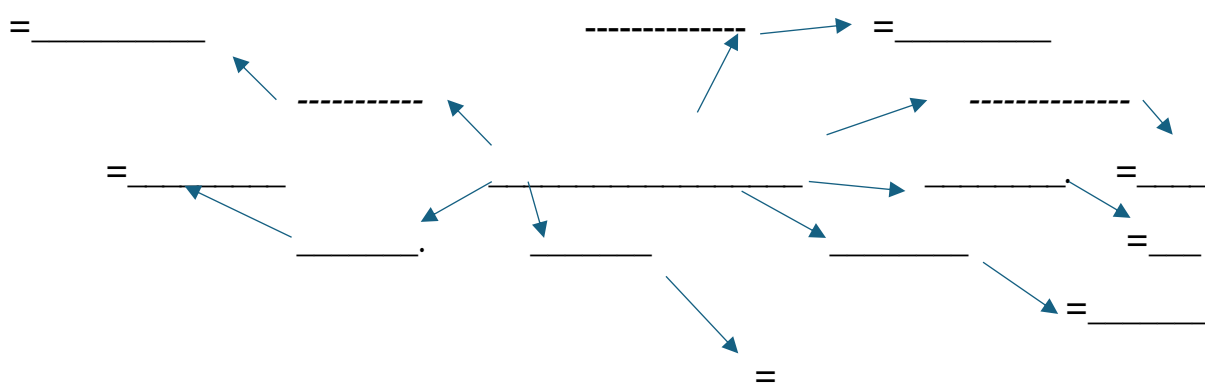
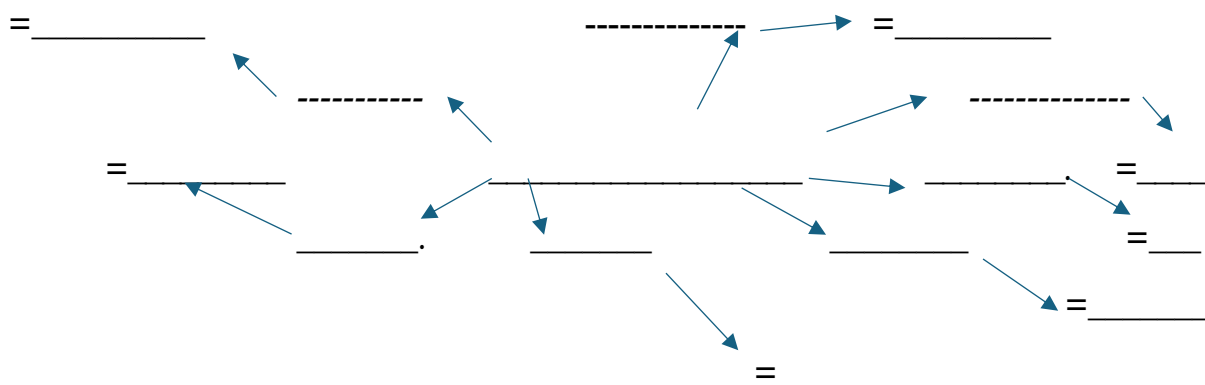
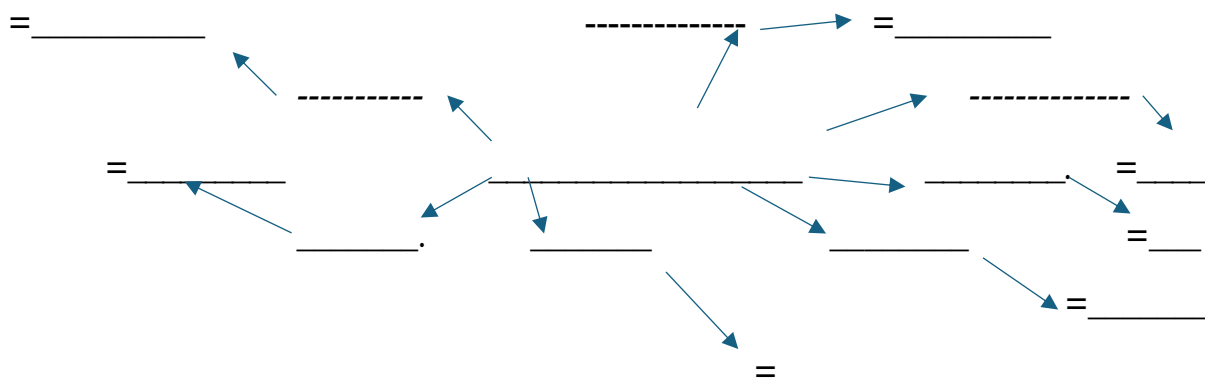
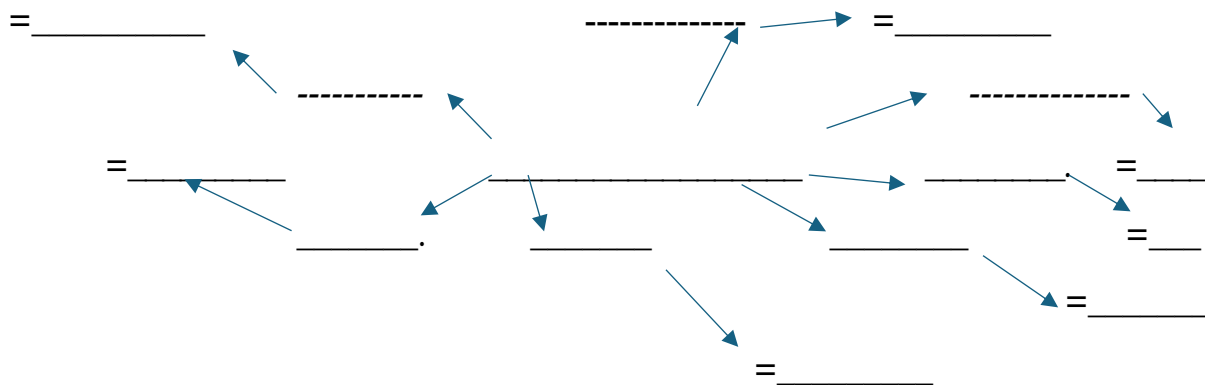
After writing out the two pages, the negative aspects you are experiencing on the first page and the positive aspects you appreciate on the same topic on page 2, **you are to go back over each page, using a different coloured pen and from the rays/arrows, add another ray/arrow with the action you can take to either minimise the issue and create more of the positives.

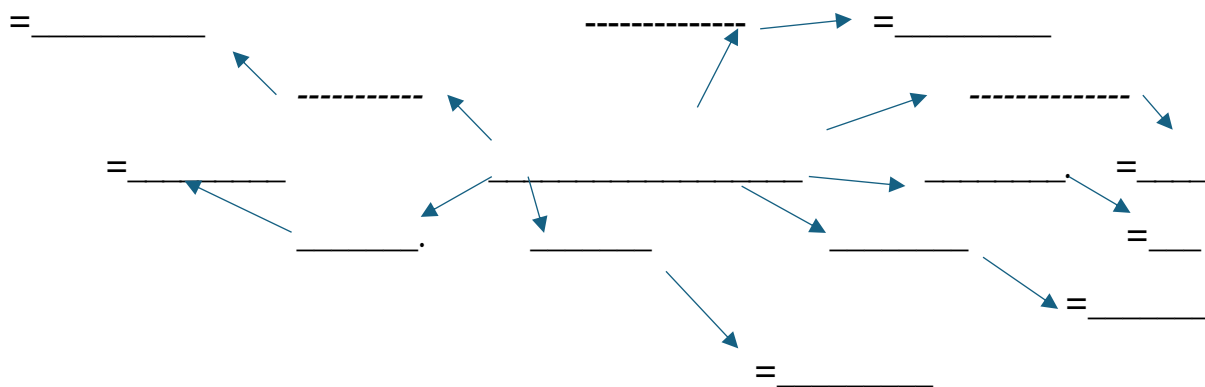
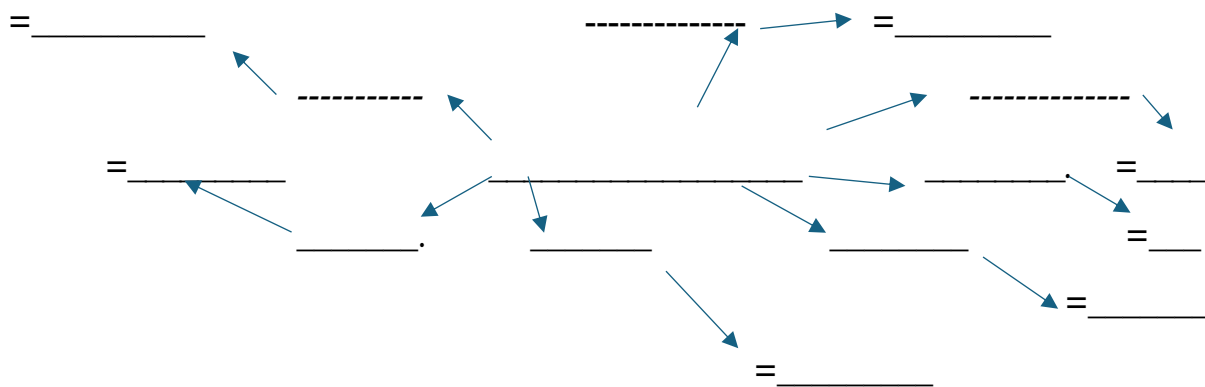
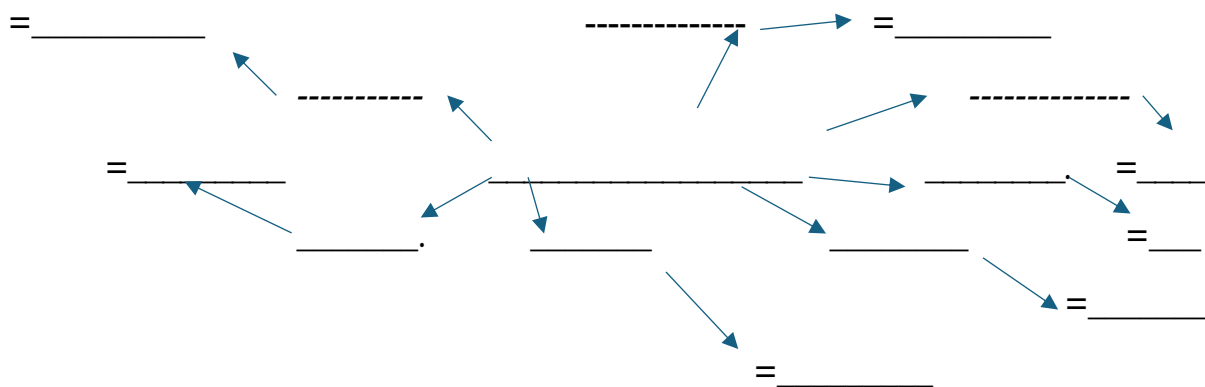
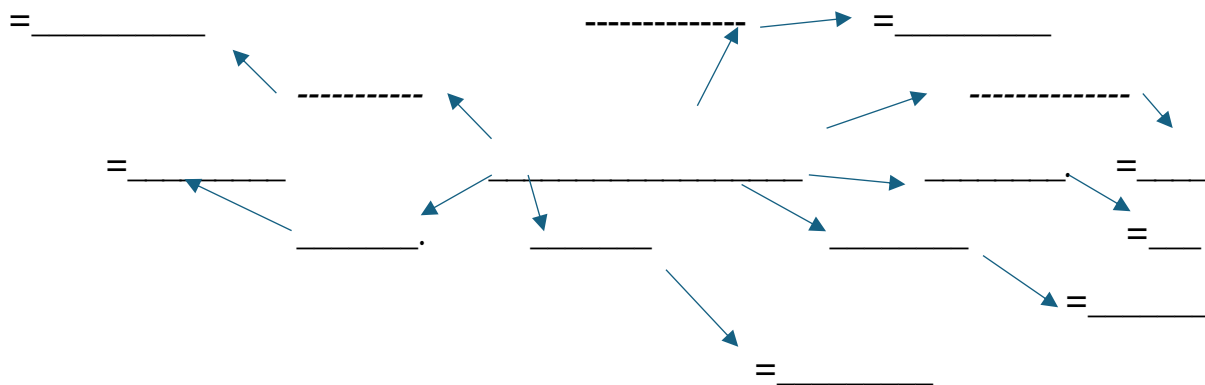
**Like this:

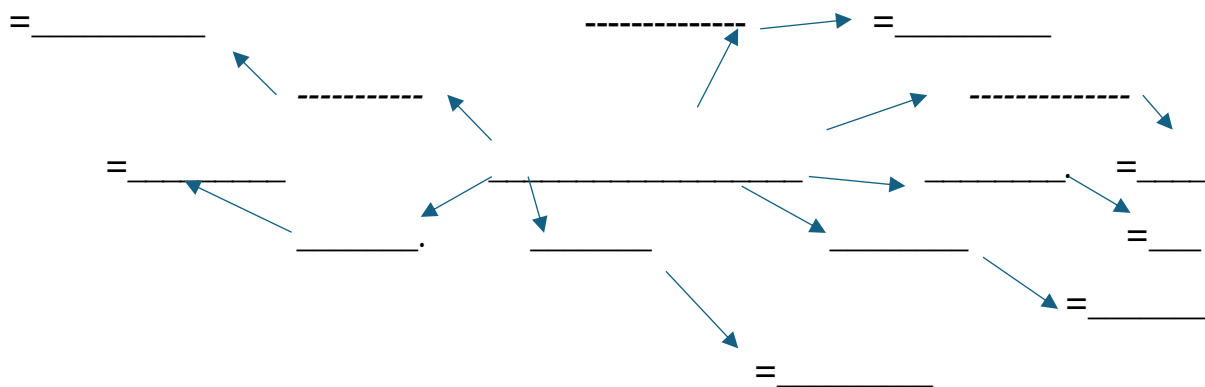
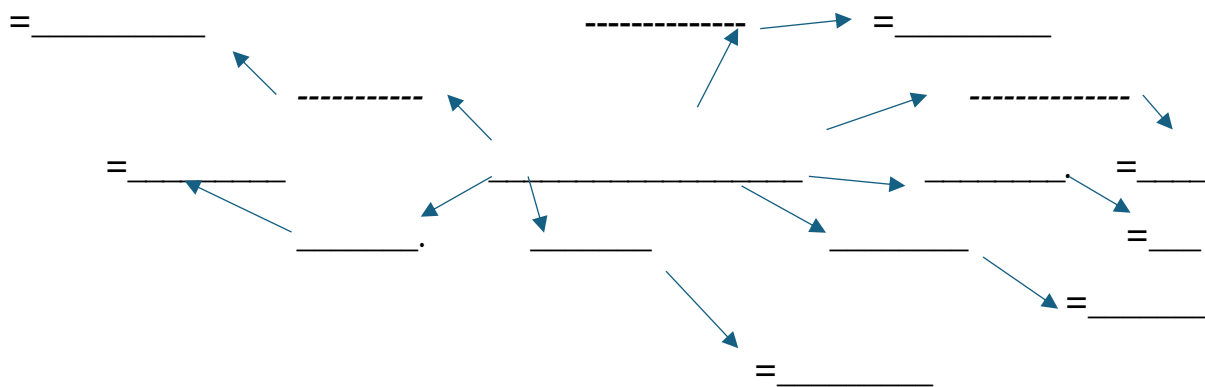
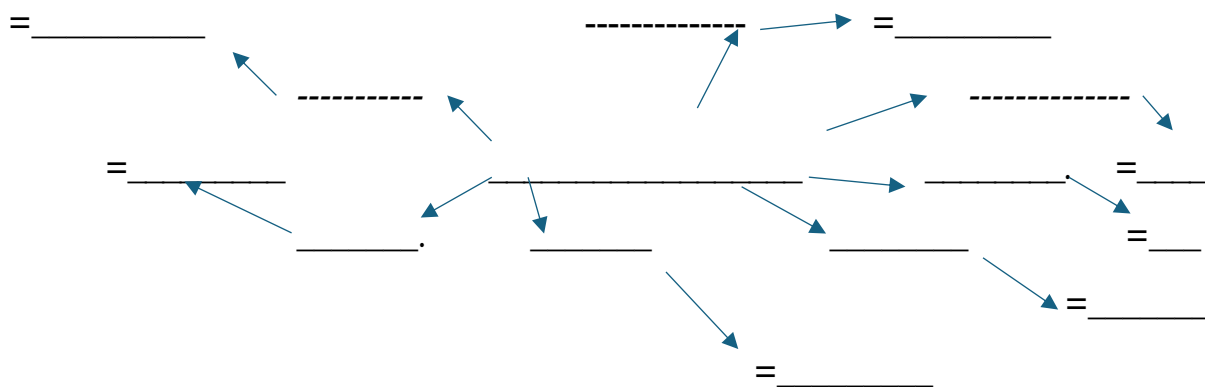
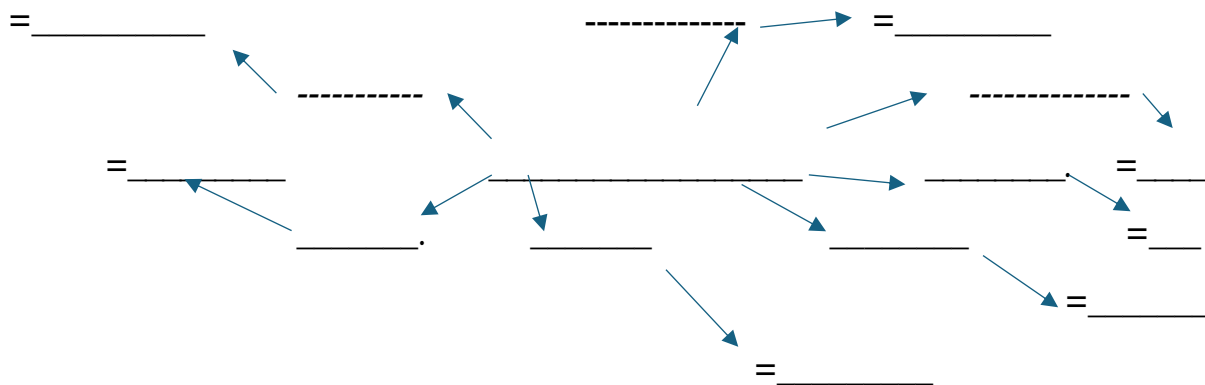


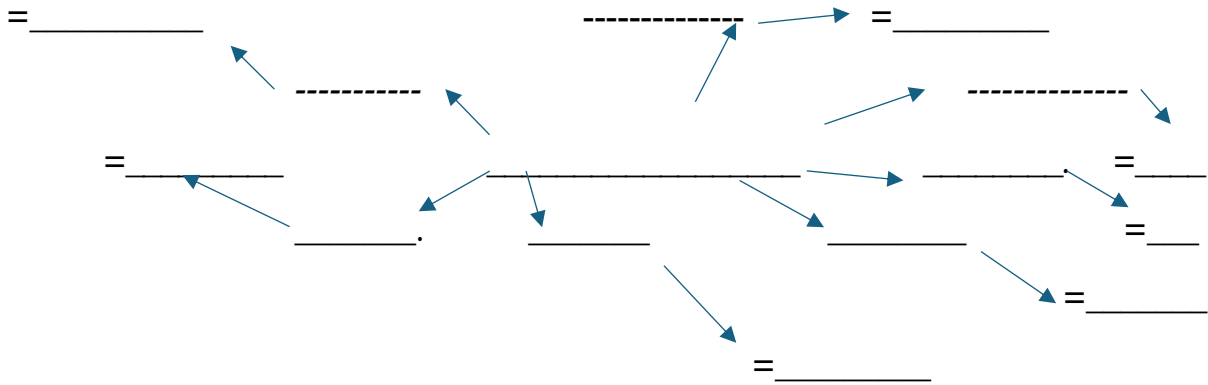
TASK 3: > do the same for any aspect your want to improve:











TASK 4: > FINDING YOUR CUE

One a new page, write down all of the wonderful events that have happened in your life, i.e.: birth of your 1st child?, your wedding day?, buying your 1st car?, your proposal?

Make a list and take 5 seconds for each event and close your eyes and find out which one brings you immediate joy and has the most overwhelming excitement and gratitude.

It might be a person, place or thing.

It might be a time, day or period something you would describe as the ultimate experience.

It might be a song that triggers that feelings, or an item you cherish...

Whatever you can think of that bring you such love and joy, it changes your mindset to trigger positive emotions

List them here:

Then rate them “High” to “low” emotional scale

_____ High Med Low < Circle Rate: 1>10 _____

_____ High Med Low < Circle Rate: 1>10 _____

_____ High Med Low < Circle Rate: 1>10 _____

_____ High Med Low < Circle Rate: 1>10 _____

_____ High Med Low < Circle Rate: 1>10 _____

_____ High Med Low < Circle Rate: 1>10 _____

_____ High Med Low < Circle Rate: 1>10 _____

[illegible]

_____ High Med Low > Circle Rate. 17 18 _____

_____ High Med Low $\times$ Circle Rate. 17 18 _____

_____ High Price Low % Circle Rate. 17 18 _____

_____ High Med Low > Circle Rate. 1 > 10 _____

_____ High Med Low $\geq$ Circle Rate. 1 $\geq$ 10 _____

_____ High Med Low = Circle Rate. 1 = 10 _____

Whatever you can think of that bring you such love and joy, it changes your mindset to trigger positive emotions

List here: which one has the highest score on your emotional scale

This is your “CUE” > remember this event a mental saviour! Re-write it here:

Be more detailed and really go into detail about what you loved about it and read over the text to conjure up the feelings of love and positivity as much as you can, see how high you can vibrate the feeling of exhilaration:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Great job, this is your go to “Cue Vibe” for triggering your positive frequency!

TASK 5

The “Reset” technique

- Take time out when you are struggling with a negative emotions or thoughts
 - Sit up straight, relax your mind, breathe slowly and deeply
 - Circular breathing: in through your nose and out through your mouth
 - Concentrate on your stomach region and feel each breathe coming past your organs: lungs, heart, stomach and out through your solar plexus.
 - Slowly breathe in and out, holding the breath for a moment before breathing out
- Do this breathing technique about 8 times
Recall the issue you are getting upset or agitated about; past or present
Recall how it felt and what you were feeling
- Keep breathing past your lungs and through your heart to your stomach and exhale – an additional 8 times

Now recall a time in your life when you were really happy

RESET your emotion: Feel that emotion, imagine the genuine love for that moment

FEEL this throughout your body

- Now ask your heart; “How can I manage this better”
- Listen to the 1st thought that comes into your head
- Then say;

“Thank you heart”

NB;

Key elements to this are to “shift” attention to the area of the heart and stomach region whilst, you “activate” a positive feeling and then “sense” what the best attitude for the affecting situation is;

Reset your emotion through thought and feeling

Task:

Initially you should practise doing this around 8 times per day as needed, when you are struggling with a lot of negative emotions, stop and breathe and “reset” your emotions, this will relieve immediate stress and redirect your chain of thought.

Asking your heart is the inner spirit.

What is best solution to the problem?

The automatic response is what you need to listen too.

Task 6

Making “Good” – Thought Evaluation

- Take time out, sit up, relax and breathe deeply
- Circular breathing: in through your nose and out through your mouth
- Concentrate on your heart region and feel each breathe coming through your heart and out through your solar plexus.
- Slowly breathe in and out, holding the breath for a moment before breathing out
- Close your eyes
 - Be aware of negative or bad thoughts
 - Watch your thoughts, see your thoughts, without giving it emotion
 - Hold the thought out at arm’s length: see the thought in your hand
 - Have no emotion it – just view it in your hand – it does not affect you

As you watch the thought either;

- Watch it fade away until it disappears to nothing

- Brush them away with a feather, till they slowly disappear

Affirm your strengths – tell yourself;

- This is not what I think
- My thought does not control me
- I control what I'm thinking

TASK 7

- Take time out, sit up, relax and breathe deeply
- Circular breathing: in through your nose and out through your mouth
- Concentrate on your heart region and feel each breath coming through your heart and out through your solar plexus.
- Slowly breathe in and out, holding the breath for a moment before breathing out
- Do this breathing technique about 8 times

Activate a genuine feeling of appreciation or care for someone or something in your life, use your “cue” and make a sincere effort to sustain a positive feeling of appreciation or care

Dwell upon this feeling of gratitude or love throughout your being

If your mind starts wandering, gently focus your breathing back through the heart and solar plexus and reconnect with feelings of care or appreciation.

After you're finished, sincerely sustain your feelings as long as you can.

NB; this technique is a simple way to cultivate and amplify positive feelings. You will gain a sense of inner warmth, feelings of harmony and it will have nourishing effects on your mind and body.

Task 8:

Take a moment to Google: Blur's "Country House," "Return of the Mack," by Mark Morrison and PJ and Duncan's "Stepping Stone." and listen to them.

Write down all of the songs above in your journal, to remind you later on which songs have proven “brain stimulating” reactions.

Download them to your play list or purchase them on a CD

Try to take the time to listen to one each day!

Favourite: _____

2nd Favourite _____

Love and Kindness

TECHNIQUE NO 4:

- Take time out, sit up, relax and breathe deeply
- Circular breathing: in through your nose and out through your mouth
- Concentrate on your heart region and feel each breathe coming through your heart and out through your solar plexus.
- Slowly breathe in and out, holding the breath for a moment before breathing out
- Close your eyes

Imagine a radiant bright light coming down through your centre, from the centre of your head through your chest and heart.

See the luminous bright white light spreading through your entire body.

Feel the warmth as tension begins to release from your shoulders, back through to your legs and feet.

Take 8 even, slow, deep breaths, as you imagine your whole being consumed in the brightness.

As you inhale, feel more light is being absorbed into your body, filling your body and touching your outer parts like your eyes and throat, hands and feet.

As you exhale, feels darkness leave your inner self as the light within you shines brighter and clearer.

Softly say, "I radiate light, I am powerful energy, I have the power to heal myself and all those around me, with inner brightness I attract love and positive energy, I have compassion for all"

If your mind starts wandering, gently focus your breathing back through the heart and solar plexus and reconnect with feelings of care or appreciation.

Then, sit quietly for several minutes. Open your eyes.

Conscious thought

TECHNIQUE NO 5:

- Take time out, sit up, relax and breathe deeply
- Circular breathing: in through your nose and out through your mouth
- Concentrate on your heart region and feel each breathe coming through your heart and out through your solar plexus.
- Slowly breathe in and out, holding the breath for a moment before breathing out
- Close your eyes

Concentrate on the moment and whatever is present in that moment.

Feel your stomach and chest rise and fall with each breath.

Once settled and relaxed, widen your awareness to include all the sensations in your body as well as any thoughts or feelings.

Imagine yourself in an open field, see the clouds and blue sky, feel the sunshine touching your skin.

If you find yourself swept up in thought or emotion, notice it and simply return to the circular breathing. Imagine yourself in the field and notice all around you: trees, grass, birds....

Pay attention to the ever-changing process of thinking rather than to the contents of your thoughts.

As you begin to see that they are indeed just thoughts, they will begin to lose their power. You will no longer believe everything you think!

Continue to watch and become mindful of your thoughts, feelings, and sensations for around 10 - 20 minutes.

Language

TECHNIQUE NO 6:

Negative words can significantly affect your brain, even more so over the long term.

If you vocalise your negativity, or even slightly frown when you say “no,” more stress chemicals will be released, not only in your brain, but in the listener’s brain as well. (Psychology today.com)

So even using the word “no” stress signals are passed through the brain and are disrupting your brain function in a negative way.

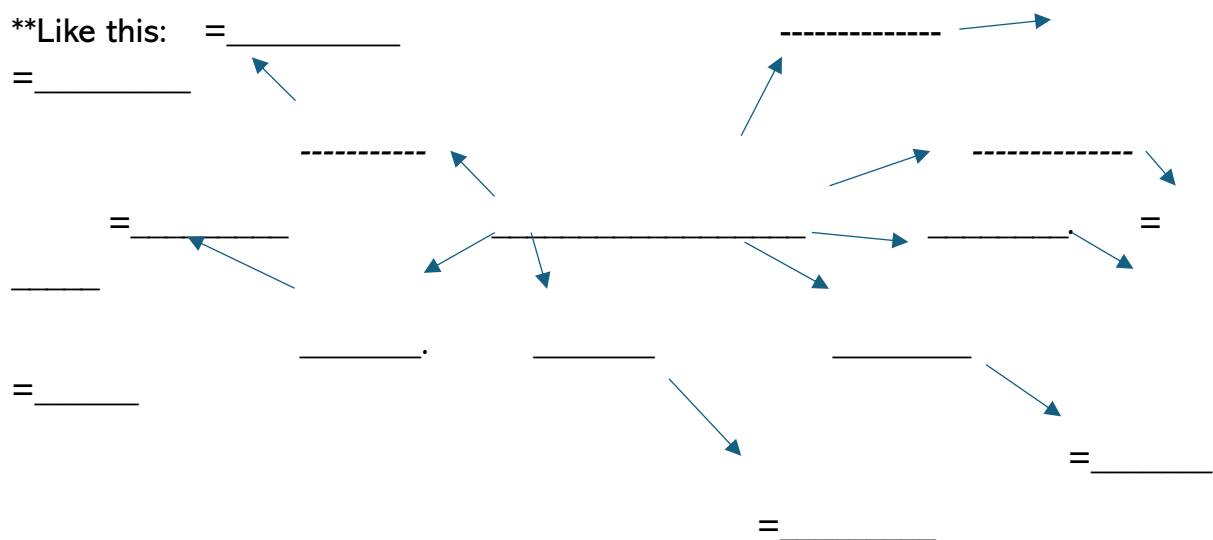
Foul language has a huge negative effect, even when uttered without emotion and with no desire to offend, like swearing when telling a joke, foul language triggers strong emotional responses of the brain, causing the brain to partially shut down and go into a defensive mode known as the “fight or flight” response. Swearing actually stresses the brain on a deep cognitive level as do negative thoughts.

Constant use of swearing or negative thoughts can cause the brain to stay in a defensive mode, in turn producing stress-induced analgesia. These reactions to swearing are automatic neurological responses that we have no control over and can produce feelings of depression.

Even though swearing may be a very impulsive behavior and although the words may release immediate frustration or anger, you are actually causing a deep emotional reaction with notable neurological consequences.

So for heaven’s sake and your own ... don’t swear!

After writing out the two pages, the negative aspects you are experiencing on the first page and the positive aspects you appreciate on the same topic on page 2, **you are to go back over each page, using a different coloured pen and from the rays/arrows, add another ray/arrow with the action you can take to either minimise the issue and create more of the positives.



Task:

Write each issue down, brainstorm your issues and mind map the subject, and then reverse your issues. This will simply identify a way to logically correct issues surrounding you that may be affecting your happiness, which is creating a paradigm and attracting the opposite of what you really want.

Make a list of each statement, and, using the second page, make a list explaining how you will correct the issue.

For example:

Marriage; I will organise to go out more often, I will try to show more love, I will resolve our disputes kindly, I will make sure we spend more time together, etc.— list each reversal.

Then under each mind map issue; write your new paradigm / belief to the issue

i.e.; Marriage; I will work on having the best marriage, Income: I am in control of making a better income, Stress: I am working towards relieving all of my stress and living a happier life