



POSITIVE
FUTURE SELF

Embrace your Potential
COUNSELLING • THERAPY • TRAINING



Tips and tricks
FOR SELF HELP

REMOVING OBSTACLES TO REACH YOUR BEST SELF

A WORD FROM US

COUNSELLING • THERAPY • TRAINING

The contents of this brochure are designed for self help and creating habits that generate positive mental health.

Everybody gets stuck occasionally in their lives. managing the effects of internal or external pain or sometimes just stuck in a pattern of behaviour that they don't know how to change.

At times like these guidance from a professional can be the difference between going around in circles and moving forwards to the life you want to live.



live your life



PRACTICAL STEPS FOR SELF HELP

Remember, your life is not a coincidence. It is a reflection of you.

Be aware that the only thing holding you back from change or achievement is yourself and the limitations you put on yourself. You don't have to be perfect before you start.

However your life seems to be right now, it is important to understand that it is no one's fault and there is no one to blame. This includes you as much as anyone else. There is no "right" or "wrong" - only learning about yourself.



HERE ARE SOME STEPS YOU CAN TAKE TO HELP YOURSELF IN THE PROCESS OF CHANGE AND SELF-HEALING:

1.



Monitor your language: The words we use can have a powerful impact on our thoughts and feelings. If we use negative language, it can reinforce negative thoughts and feelings. By monitoring our language, we can start to become more aware of how we are talking to ourselves and others. We can then choose to use language that is more supportive and empowering.

2.

Be aware of your judgments of others and yourself: We all have judgments about ourselves and others. However, these judgments can be harmful if they are negative and critical. By becoming more aware of our judgments, we can start to challenge them and choose to be more loving and accepting towards ourselves and others.



3



Question your self-criticism: When we criticise ourselves, it is important to ask ourselves if there is any evidence to support the criticism. Invariably, there is very little evidence to support our negative self-talk. By questioning our self-criticism, we can start to challenge it and replace it with more positive and supportive thoughts.

Be mindful of what you read: The books, articles, and websites we read can have a big impact on our thoughts and feelings. If we read negative and pessimistic material, it can reinforce our own negative thoughts and feelings. By being mindful of what we read, we can choose to read material that is more positive and uplifting.



End each day by focusing on what you did well: At the end of each day, take some time to reflect on what you did well. This can help to boost your self-confidence and remind you of your strengths. It can also help to counteract the negative thoughts that we may have about ourselves.

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Notice the positive qualities you admire in others: When we notice the positive qualities in others, it can help us to see those same qualities in ourselves. This can be a powerful way to boost our self-esteem and remind ourselves of our own worth.

Surrounding ourselves with uplifting individuals: This can significantly impact on our mental attitude and well-being. We have the power to choose whom we spend most of our time with. By moving towards those who support and encourage us, we create an environment that fosters positivity.



7

8



Develop your self-belief by raising your self esteem: You are indeed unique, and embracing your individuality is a beautiful journey of self-discovery and personal growth. Building self-belief and raising self-esteem is a gradual process. Be patient with yourself and celebrate every step you take towards greater self-confidence and self-acceptance.

9.



Writing down what we are grateful for: this practice fosters a positive mindset and enhances overall well-being. By regularly reflecting on and noting down the things we are thankful for, we shift our focus from life's challenges to its blessings.

Self reflection: writing down and listing our positive qualities, allows us to become more aware of our strengths, talents, and achievements. Acknowledging our positive attributes can help us better understand ourselves and appreciate our uniqueness.



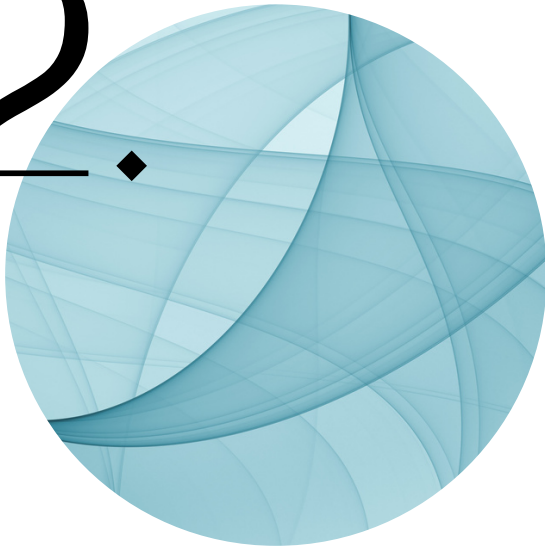
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11.



Write down any positive feedback you have received: notice how you appreciate the abilities you see in others that you think you lack. We often compare our weaknesses to their strengths, unwilling to accept those strengths in ourselves due to our beliefs. Challenge those beliefs to see yourself in a more positive light.

12.



When you pay attention to your patterns: which may have originated from early life experiences, you can effectively interrupt them. Recognise these patterns as they emerge, and over time, you can eventually break the pattern and start to develop new patterns that promote your well-being.

You are in charge of your thoughts:

Remember that the only person who is in charge of your thoughts is you. Monitoring your thoughts and gradually changing them is up to you because no one else can do that. The great thing is that you are now in charge of your future.



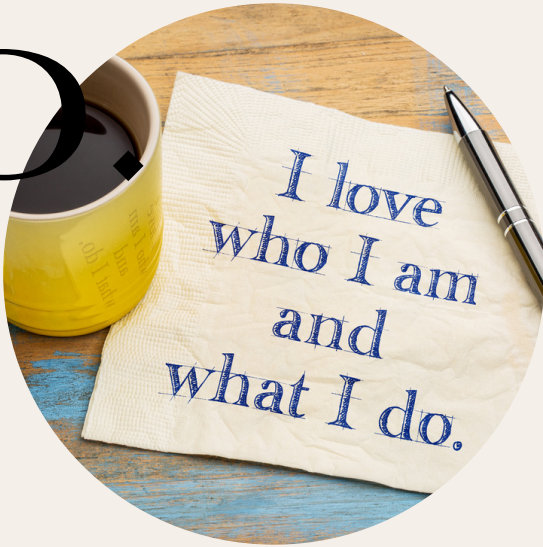
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14.



Learning to walk in the other person's shoes: is a profound notion that encourages us to withhold judgments until we grasp the experiences and perspectives of others. By understanding others, we understand ourselves better. Our outside world is a reflection of our internal world.

15.



Write out a page of positive affirmations: make them personalised to you and let them serve as empowering reminders of our strengths and self-worth, allowing us to build a foundation for personal growth and happiness.

Do you engage in physical activities: oxygenating your body has a positive impact on your sense of well-being and mental clarity. Even a basic activity like walking contributes to a healthy body and a positive self-perception. Taking time to exercise, regardless of its simplicity, can contribute to feeling good about yourself.



16.

17.



Meditation to help reduce stress and anxiety: can also promote a sense of inner calm and tranquility as well as enhancing mindfulness and self-awareness, enabling us to better understand our thoughts and emotions. Meditation empowers us to nurture a harmonious connection between mind, body and spirit, fostering a sense of contentment and happiness.

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Effectively manage negative emotions: try modifying the attributes of the troubling thought or mental image, such as colour, size and position, to alter its impact and promote a more neutral feeling. Experiment with varying the volume of associated sounds as well, allowing us to regulate and change emotions by manipulating our mental experiences.

Remember...

These suggestions are intended to be helpful!

You are free to use them all or just a few to suit yourself... or even none! What you choose to do will influence the way you are able to change your life. All healing is self-healing.

The purpose of this information is to help you understand your ability to help yourself, and by doing so you are taking responsibility for your life experience. To choose to do what will create the same kind of results as you have experienced before, if they were not the experiences you wanted, then that should be sufficient motivation to choose a different way and change. You can do it if you choose to!



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