

DECEMBER 2008

Think positively about change

by Hedley Galt

“think
learn?
succeed

Thoughts like “I can’t do this” and “This will never work” can lead to low self-confidence and hinder your success. Learn to manage your negative thoughts - so they don’t end up managing you.

Here are some practical tips for catching those negative thoughts early:

1. Increase your self-awareness

A negative thought is easy to spot simply by how it feels when you think it. Regularly check in with how you are feeling throughout the day and change any thoughts that aren’t supporting your success.

2. Look for proof before making assumptions

An assumption can lead to negative thinking – what a waste if the assumption is wrong! Find out more information before making unconstructive assumptions.

3. Shift your focus

When you look for something you will usually find it. So rather than focusing on what’s wrong, look for what’s right. Change your perspective and search for something to get excited about. Chances are you will find it!

4. Use pattern interrupts

Like anything you do over a period of time, negative thinking can become a habit. To break this habit you need to interrupt it. Then replace it with something else – e.g. clap your hands, go for a walk, or jump up and down. This will change your thinking and boost your mood.

Learn More About It

Change is happening at a rapidly increasing pace. Learning how to handle it is a smart career move. That’s why **you** should run *Making The Most Of Change* for your team. You’ll discover how to make change work for you. You’ll find out how to get others to listen to your ideas about change in your workplace. Then you’ll learn to manage your own and others’ reactions to change. By the end of the day you’ll feel confident, relaxed and ready to move forward positively.

Book Hedley Galt to run a course for your team

Call 0433 126 841

