

Start your positive *mental diet today*



Your internal dialogue or 'mental diet' will create your reality, so choosing high-vibrational words over lower-vibrational words is paramount. CHRISTINE MCKEE shares ways and words on how to create your ideal business reality.

Every moment is an opportunity to explore your autopilot mental dialogue, and if you are finding you feel negative, flat, angry, unsettled, or at all uncomfortable, that is a sure and clear sign to modify your current thought patterns and switch to words that move you in the direction of joy, happiness, creativity, abundance, and inner peace. Note that this is not an exercise in simply thinking positively, although that certainly is a step in the direction of inner happiness.

Let's look at some examples of high-quality, high-vibrational words and statements that may already be a part of your mental dialogue. If they are not, you may find it useful to use them on a regular basis.

HIGH-VIBRATIONAL WORDS

Happy, ecstatic, joyful, bliss, laughter, love, peace, blessed, grateful, harmony, flexible, create, respect, integrity, courageous, fun, abundant, freedom, cooperation, unity, together, excited, curious and bright.

HIGH-VIBRATIONAL STATEMENTS

With these statements, be sure to word them in terms of what you want rather than what you do not want, for example, "I am vibrant and

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full of energy" rather than "I no longer want to be tired and lethargic". Become aware of the fantastic statements you say to yourself:

- I am abundant in my business and life.
- I am limitless in my capability.
- All of the resources I require are within my reach.
- I achieve anything I put my energy into.
- I am capable of learning new things.

LOW-VIBRATIONAL WORDS

You may be familiar with some of the lower-vibrational words in the list below. These are examples of words that are likely to create less than happy business situations, relationships, and outcomes in your life. If you relate to any, great, you now have the opportunity to choose whether you want to keep them in your vocabulary or rewrite to more useful words or statements.

Bad, negative, hopeless, useless, stupid, careless, fearful, worried, angry, guilty, anxious, untrusting, controlling, no options, complacent, edgy, frantic, stressed, troubled, procrastinate, drained, demanding, avoiding and tight.

LOW-VIBRATIONAL STATEMENTS

These are often statements you mentally tell yourself or others that limit you or them in some way. When you put your attention on these (and any others that you have on your own list) you will not get the highest quality outcomes for yourself or others:

- I am not educated, so I can't expect much.
- I wasn't taught how to communicate well, so I can't.
- I don't know how to market my business well.
- Business building is meant to be hard, otherwise you don't learn anything.
- I'm overwhelmed.

Now it is your turn. Go ahead and come up with the list of high-vibrational words and statements that you currently use. Then, take note of the low-vibrational words and statements that you use in your life. Observe the contexts in which you are more likely to choose low-vibrational words rather than high-vibrational words, and the people you are more likely to use them with.

Based on your observations, spend some time now transforming low-vibrational words or statements into healthy, high-vibrational opposites.

Low-vibrational example: "I wasn't taught how to market my business well, so I can't."

High-vibrational version: "Even though I wasn't taught how to market my business, I will learn from others and observe my behaviour and make the changes to help myself." ■

CONTACT	Christine McKee
BUSINESS	BE Institute Pty Ltd
PHONE	+61 (0) 416 087 948
	www.beinstitute.com.au

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