

DECISIONS YOU MAKE

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WHATEVER
YOU'RE NOT
CHANGING, YOU
ARE CHOOSING
READ THAT
AGAIN

Your state of mind is key to shaping your destiny and creating the future you desire. What you focus on or think about, will eventually become your reality. So it is important that we all make a conscious effort, especially in these changing global times to pay attention to our thoughts and not let them overshadow our decisions. Focussing on positive thinking is key.

The mood you are in when you are making important decisions in your life, is critical. If you are angry, frustrated or even depressed, you are not likely to make the best decisions. But if you are feeling confident, joyful, inspired or hopeful, you are much more likely to be in a better frame of mind to make a sound decision as you are coming from a positive place to begin with.

So how can we be in a better mood more often?

According to Thrive Global, research in cognitive psychology has shown that a person's thoughts will influence the quality of their mood as well as their life experiences and actions. In other words, what you focus on, you will feel.

5 tips to boost your mood:

1. Smile. When you smile it triggers **mood-boosting** hormones in the brain
2. Keep busy
3. Talk to someone
4. Help others
5. Live in the moment
6. Take a nice warm bath
7. Walk on the beach
8. Go out with a friend
9. Spend quality time with pets and family
10. Volunteer in shelters and other places that need support. You will find it a great reminder that some people are far worse off than you.
11. Listen to your favourite music

Our mind is a very powerful resource that we can tap into at any time to harness the mood and motivation we need to focus our attention in a positive manner and make the best decisions in life.