

LANDMARK LIFE COACHING

TOP 5 NEGATIVE THOUGHTS TO AVOID

Negative thoughts can be destructive to all aspects of your life. It is very easy to fall into these thoughts when things are not going well and you don't feel you are obtaining what you desire. The ability to avoid these thoughts will significantly enhance your life and success. In order to be able to do this you need to identify those negative thoughts that you have. The negative thoughts below are the most common that lead to bigger issues.

1. **It's too hard.** All good things in life are hard, you need to keep a positive focus and use all your resources to figure out how.
2. **I'm not smart enough.** Be working every day to increase your knowledge and skills to be able to accomplish what you desire, be resourceful and figure out when you need support.
3. **I don't have the time.** Not matter what your position is in a job or how big your family is you will make time for those things that are of most importance.
4. **It wasn't meant to be.** Work hard and be flexible in the outcome to find that it was meant to be and you are the only thing standing in your way.
5. **This only happens to me.** No it happens to everyone, it's all in how you respond to it. Choose to be positive.... Choose to see obstacles as opportunities....

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