



Find Your Great Truths *Leverage what you know for sure*

by Elizabeth J. Agnew, MS, PE

We've all heard how negative thoughts can really mess you up. Well, similarly, positive thoughts can really raise you up. However, this only works if you believe the positive thoughts.

Discover positive statements that are true for you. Positivity and truth packaged neatly together in one statement is a recipe for success.

I discovered the idea for this exercise while on a run. I really didn't want to go on the run, but I dragged myself out of the house. Just 60 feet out my door and I was already glad I had gone. And that's when it hit me: Running makes me feel good about myself and my life. Repeating that a few times over gave it force, "yeah!" It was something I could not deny, whether or not I "felt" like running.

Running makes me feel good about myself and my life.

The statement is true, and it gets me out of the house. It is easy to remember because it is rooted in truth and goodness.

The first part of the statement says an action or fact about you, and the second part explains its positive impact.

Some other great truths for me are:

- Making my bed in the morning means I have my life in order.
- Silence allows me to feel at ease.
- Good food and good friends bring me joy.

What are your great truths?

Think about an area of your life that is important to you: health, relationships, entertainment, family, career, or sleep, for example. Now think about what makes that area positive in your life. Link the two statements in one powerful, simple sentence.

See if you can find three great truths for yourself.

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