The Keys to Shaking Off Negativity

By Dr. Mark Skovron



- [ ] Create you life in such a way, that the only people that you spend time with, and the only places including work that you invest your energy in, are opportunities that you have to make a difference. You will know because you will feel it within. You will walk away refreshed, not exhausted. Your energy will be clean and fresh, instead of feeling like you have to shower off or smudge the room. Don't limit yourself by thinking, "but I have to". Your greater good does not come from operating from a sense of obligation. You are your most powerful when you are functioning from choice.

- [ ] Realize that life is too short and too valuable to spend time with people who such the happiness out of you. It may be your mother, you best friend, or your boss. It doesn't matter. Either be at cause to create a new relationship that works for you, or change the amount of access those people have to you. If your initial knee-jerk is that you cannot and it is insensitive, consider this is a very limited amount of time -- your very lifetime -- that we are considering.

- [ ] By clearing away the negative influences in your life, including your own habits that no longer serve you, you'll discover fresh energy, attitude, breathing, and your spirit will feel lighter. You will be filled with newfound happiness, vibrancy and ideas. All sorts of new choices will suddenly appear and you'll be filled with jubilation about involving yourself out of choice with people and happenings that are more in line with your values.

- [ ] It's time to make a list. Right now. Take 5 minutes and spontaneously write down what comes to mind :

- [ ] I need to let go of:

- [ ] I need to let go of:

- [ ] I need to let go of:

- [ ] I need to let go of:

- [ ] I need to let go of:

- [ ] I need to have more of:

- [ ] I need to have more of:

- [ ] I need to have more of:

- [ ] I need to have more of:
- [ ] I need to have more of:
- [ ] The first step is to:
- [ ] The second step is to:
- [ ] The third step is to:
- [ ] The fourth step is to:
- [ ] The fifth step is to:
- [ ] I am now committed to:
- [ ] I am now committed to:
- [ ] I am now committed to:
- [ ] I am now committed to:
- [ ] I am now committed to:
- [ ] You are feeling more alive and lighter already, aren't you? Sure, you may feel scared, and slightly sad. For example, ending a friendship of many years isn't easy. But to continue a relationship or a job or any habit that sucks the vitality out of you comes at a more significant cost.
- [ ] Consider that letting things just go as they have been will literally cost you your life! Not in the sense that these things will kill you (although that is a deeper scientific and medical consideration), but the cost is that your TIME is your CURRENCY of your very LIFE!
- [ ] Take your list, and consider the kindest and most gentle ways to empower yourself so that you can be free to pursue your greater good. Smile. You are creating and in control now. Design your life for you.

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