



ELISA CARD

HAPPY2SUCCEED

## PERFECT SPRING CLEANING PERFORMANCE MIND CHECK-LIST

THE FOUR THINGS you want MOST in life: SUCCESS + HAPPINESS + LOVE + FULFILLMENT

Yet, they all are inner processes. To reach them easily, you need to remove clutter and confusion in your mind. **SPRING CLEAN** your **MIND FOR YOUR BEST PERFORMANCE!**

Make a neat, organized mind and spirit. And get what you want most, at your grasp.

### 1. **First and foremost, your Thoughts: This is your mental activity:**

To know what you're thinking, ask yourself how you are **feeling**. It is impossible to feel bad and at the same time have good thoughts.

Remember: "You are now and you do become what you think about". This is very powerful.

**At first, the best is to use affirmation, to replace negative thoughts by positive thinking.**

Try this:

- \* **I am great** instead of I suck
- \* **I love myself and I am loved** instead of I am a loner and a loser
- \* **I can do it** instead of I cannot do anything right or I will never do it

Remember, your thoughts create your reality because your thoughts determine how you respond to situations in your daily life.

### 2. **As importantly powerful: your Language is the expression of what you think:**

Modify your language, avoid:

- \* Criticism
- \* judgment
- \* bullying
- \* micro-managing
- \* doubting
- \* fear
- \* any kind of conflict. One great sentence to remember in case of fight,

"Conflict cannot survive without my participation". – **Dr. Wayne W. Dyer.**

### 3. Your Internal Dialogue is a must to Enlighten:

Pay attention to what kind of dialogue you are holding with yourself. Your thoughts will either strengthen you or weaken you.

Avoid every day your negative inner Voice:

- \* I can't
- \* I'm not able to
- \* I will never do this or that
- \* This will never happen

Instead, replace them with empowering thoughts of encouragements,

### 4. Create new Images – surround yourself by the Conditions you want to produce:

To transform our everyday life with harmony and calm, the 'images' you visualize are as much important as your thoughts.

- \* Stay away as much as possible from the "violent news" or any kind of TV, internet images which will make you feel sad, depressed....
- \* Create a safe, comfortable, agreeable scenery or decor which will be yours, every time you feel like escaping the grey, negative, damaging, gloomy environment (while working in your cubicle, during commuting or simply when feeling down...) Instantly you will feel happier, joyous, wherever you wish to be. 😊

### 5. Start the 1mn-EASY-BREATHING

Easy-Breathing is a very important and efficient way to remove stress. A great practice to retrieve calm and focus in any tense situation.

- \* comfortably seating, close your eyes, imagine a nurturing pleasant nature around you,
- \* breathe deeply inhale with the nose
- \* exhale with the nose

### 6. This brings us toward a less polluted Environment: Eliminate the chemical and smoking out of your Life, as well as processed food

Choose all natural and whole-food products over processed and industrial ones

- \* every spring cleaning is a great occasion to discard unhealthy food and habits (sodas, chocolate bars, all industrial substance) by replacing them with natural drinks like green tea and nourishing ones like dried or fresh nuts and fruits.
- \* With the Easy Breathing you may diminish smoking and replacing inhaling fresh air every day.
- \* Drink one liter (one quart) of water per day, adding the flavor of a fresh squeezed lemon juice. Or you may drink the fresh lemon juice right away in the morning, before tea or coffee. It has a great power of cleansing your physiological system.

## 7. Count your blessings - The Magic of Gratitude

- \* Count 10 of your blessings each morning, write a brief list of 10 blessings and makes you happy about it
- \* In the evening, when getting into your bed, give thanks to 3 magical things that happened to you during the day and feel in peace
- \* At night, when you don't sleep, count your blessings instead of sheep. There is always, always, always something to be thankful for.
- \* Gratitude eliminates fear, worry, grief, and depression. Gratitude brings solutions to problems.

## 8. The Infinite Freshness

Treat yourself as if you already are what you would like to be.

Remember to **enjoy the Present** while dreaming and planning for tomorrows.

## 9. No more resentment, only Forgiveness will give you Peace

Blame towards others. It will lead you to depletion. This feeling needs to be replaced as quick as possible.

- \* Be and feel responsible for all of your experiences. Replace this destroying feeling by "I don't understand why this is happening, but I feel responsible to have it in my life". Get out of the situation and you'll learn from it. Discover what is the message to you.
- \* Replace with Forgiveness.

## 10. Declutter your mind with LOVE

- \* Fill yourself with Love for yourself first,
- \* Send Love or Kindness for everyone on every encounter.

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**SPRING CLEANING: THE 10 SECRET FRESHEST IDEAS TO DECLUTTER YOUR MIND BODY & SOUL FOR THE BEST PERFORMANCE?**

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