



## **Adventure Bonus Message #28**

### **Different Feelings: The Start of True Change**

Taking steps to positive change in your life can sometimes take you by surprise. You've learned the basics of positivity by now and are beginning to implement them into your everyday life. You may have noticed a change in your mindset when faced with challenges. These feelings are quite normal at this stage of the program but may still surprise you from time to time. Let's take a look at how to view these different feelings that are the start of a change in your positivity.

#### **Acknowledge the Changes**

Working towards becoming a more Positive Person is a marathon, not a sprint. You have probably started to see life through an entirely different lens recently. The dog walking down the street puts a smile on your face or you make eye

contact with the person who held the door for you at work. All these small changes add up to become significant in your life. While all these things were in your life before, they were hard to see without a positive slant. Now, you have witnessed different parts of your daily life that may surprise you. Simply acknowledge these changes and understand that recognizing these feelings will help build your overall Positivity.

### **Give Yourself Permission to Feel Happy**

So many of us in this world don't truly believe that we can be happy. Even though you are involved in this Personal Positivity Adventure, you still may not think that you are worth feeling happiness on a daily, hourly, or minute by minute basis. When you notice these new feelings of Positivity rising up in your mind, step back, and permit yourself to feel happy. Life is worth living and feeling good about. It's okay to give yourself permissions to feel happy despite the world around us.

### **Allow Yourself Time to Sit with These Feelings**

Many of us lead hectic lives in a busy world. However, a major part of becoming more positive is to allow yourself the time to sit with your feelings. Whereas you might have brushed aside the good parts of life before beginning this Adventure, we encourage you to carve out time to truly feel the Positivity. Pick a quiet spot to reflect on the day and go through what parts of the day gave you hope, brought a smile to your face, or uplifted your spirit. Spend some dedicated time to name these feelings and re-teach your brain how to notice the Positive aspects of life.

### **The Future Looks Brighter**

These small bits of Positive encounters and feelings no doubt have helped you look towards the future. You may have noticed that you are beginning to plan your life in advance and looking forward to certain dates, parties, or even vacations that are coming up in the future. This can be a significant change for many of us who drown in daily sorrows. Learning to live with Personal Positivity uplifts your outlook for the future. You can start to see the brightness of what the future holds and are excited to get there!

### **You Are Well on Your Way**

Beginning to feel or see Positive changes in your life means that you are making progress! You have put in the hard work and have dedicated yourself to seeing a

Positive change in your life. Congrats! While you aren't entirely done yet, know that these inklings of feelings mean that you are well on your way to seeing a Positive change that will affect not only you but also those around you. Well done!

Don't be scared of the changes that you notice on a daily basis. These hints of Positivity, happiness or the beginnings of fulfillment are just a fraction of the total amount of joy that you should accomplish by the end of this Adventure. By acknowledging these changes and permitting yourself time to feel happy, you will help to grow your Positive outlook. Noticing that the future looks brighter means that you are well on your way to achieving a Positive life. These different feelings mean that you are starting to change, that strange feeling is you feeling better! Let it happen!