

How to Radiate Positivity

Simple! Live your happiest life. We all know it sounds simple but is it really that simple? For some people it is, for most people it isn't. So here we go! There are many things that can contribute to your happiest life, your unique journey. As a result, you will not only live your happiest life but also radiate happiness and positivity. And as a result of that, you will attract even more positivity.

First of all, do more of what makes you happy. Create your own sunshine. Do only (or at least as much as possible) the things in life that make you feel good. If things don't make you feel good, get rid of them as soon as possible. Whether that be people, activities, surroundings, stuff or whatsoever. In the near future we will also dive into the topic of how to appreciate minimalism, which is in line with getting rid of stuff that doesn't fulfill you (anymore). But back to where we came from. In order to feel absolutely happy, you should not be influenced by negativity in any form. So, loose everything in your life that doesn't contribute to making yourself feel good about yourself and your life. For example, you really want to exercise to keep in shape but right now you're going to the gym and that doesn't make you feel comfortable at all. How to solve this? Think of alternatives! Have you ever thought of virtual classes? Or are you really into yoga or dancing? Just pick something that will actually give you energy and motivates you instead of taking your energy and motivation away from you. Another example, a tough one. There is this "friend" that is always complaining about life and it makes you feel bad. You don't want to feel bad, especially not when it's caused by someone else. There are several things to handle a situation like this. You could talk to your friend and discuss his/her behavior in a very calm way, for example by mentioning that you don't feel well about your friend's negative perspective and try to motivate them to look at the positive side of situations. By the reaction of your friend you will automatically know if they are willing to change their behavior or if this friend is actually not a very good fit for you and your life. Please apply this approach in other situations as well. Surround yourself with people that match your vibe! Only then you can lift each other up and motivate each other to get the best out of yourselves. Otherwise it will only cost you a lot of energy with nothing fulfilling in return. If you surround yourself with positive vibes only, nothing but positive vibes and opportunities will come your way.

Once you cleared your environment from all the negativity, you can really focus on your own sunshine. Yes, BE YOUR OWN SUNSHINE. There is nothing more beautiful than someone who actually truly believes and shows that he/she is in a good place with him-/herself. And that doesn't equal perfection, not at all. It's equals something even better than perfection. It equals satisfaction. Only if you accept that you and your life are not perfect, you can be truly happy. Because there is no such thing as perfection. Perfection is just a haute couture word for taking all the fun out of the process because perfection will never be achieved. Just be happy with what you can achieve! And achieve it. All you can do is your best, nothing more than that. If you do your best with everything you want to accomplish, you have reason to completely be happy with yourself and thus feel satisfied. Amen to that. I think that is probably the highest level of personal achievement you can reach. You will see that a lot of

people will be inspired by this attitude in life and admire you. That says a lot. In line with that you can only do your best and nothing more, accept the fact that you cannot control everything in life. Imagine that? That would be so stressful. What I'm trying to say here is: trust the Universe. Trust that everything happens as it is supposed to happen in order to live YOUR life. Who knows what the Universe has planned for you?! Your life is continuously changing and developing, an unknown journey. Kind of exciting isn't it? Trust that the Universe makes your journey even better and better. As it's unknown you don't know yet if it could get even better right? So don't be scared. Look forward to it with great excitement. Be ready for your life!

You'll see that once you've reached this mindset, life will only bring good things. Rewards. Things that make you stronger and contribute to your personal development. For example, I've been in this very bad relationship once where I've been threatened and blackmailed. Not a very happy period in my life and it still bothers me sometimes. But yet, it taught me very valuable new life lessons and I bumped into other people, people that actually supported me in what I needed at that time. What I really want to say to you is "what doesn't kill you makes you stronger", it really does. Start to believe this please, it's for your own good. There wouldn't be flowers without rain either. Again, you are your own Superhero! Please be strong, even when times look very bad. If you are able to do this, you can overcome and do anything. Don't let the sun go down on you.

Of course there will be certain moments in your life when you don't feel like your happiest self. Don't panic, that doesn't mean you have lost your powerful mindset. You simply cannot peak without descending, it's all part of the process. As long as you keep remembering that you are still super powerful! But obviously you want to get out of these times where you don't feel like smiling all the time. How? Again, do things that make you happy and make you feel good at that moment. Even when those things are different from the things that would normally make you happy. Only do what feels right for you, always. For me, it really helps to sing or dance, or even just listen to empowering music. Or to journal. Or to do some skincare. Or to exercise. Or to have a nice walk in the sun. Whatever suits you! As long as you choose something that will provide your brain with some other, positive stimuli and get rid of the negative thoughts, it will make you feel better. See? Simple. Yet, take your time. Some things will take more time to process properly than others. Your feeling will tell you what's the right thing to do. Listen to yourself. Very important.

By the time you feel completely happy again you'll be able to find a way to look back and see the new insights you've gained. And guess what, for that you'll be rewarded again! A new idea will pop up in your head or you will receive a super excited new job offer. Things that do only happen because now is the right time and it wasn't back then. Everything will fall into place. Even when it takes a while. Based on my own experiences I can tell you that sometimes I couldn't connect all the dots until years later! So be patient and trust the Universe.

Other (simple) things that can both consciously and unconsciously influence your happiness and state of mind are for example colors, visualisation, nature and spiritual stones. Just a grip from my own preferences. Please discover yours as well! There are many studies that

state that different colors have different effects on your mental well-being. For example bright colors actually make you feel brighter and happier. Knowing this, go nuts! Paint a wall in your house or flower your garden, anything! Currently I'm reading "Joyful" from Ingrid Fetell Lee, where she mentions that colors are just one of the very many things that can have a positive effect on you. I find this book very fascinating and I would definitely recommend it if you're into the psychological part of how various stimuli can influence your brain. Secondly, I'd really like to make you familiar with the power of visualisation. Or imagination. Whatever you prefer. When you are able to imagine and thus visualize something, you make it concrete for yourself (and also others). If there is something concrete you're aiming for, it's much more clear how you can actually make it happen! The likelihood that you will actually achieve your goal now is much higher. Makes sense? So go create yourself a moodboard or use pictures like I did! Put it in a prominent place, somewhere you'll be reminded of your goal(s) and start taking action. Make a plan and go for it! Next, nature really calms me down and increases my feeling of happiness. Very likely because it matches so well with my idea of happiness; freedom. But this is not just for me, nature has this effect on everyone as has been proven. This has to do with our instincts that go way back when nature was our primary survival tool. This I also got from the "Joyful"-book btw. I would highly recommend you to take some time for a nice walk on a daily base or at least be outside and enjoy nature for a while. You'll notice it will give you strength. And at the same time, you keep moving! Very important too as it energizes you, your body and your mindset. Finally, a short introduction to spiritual stones. Not everyone believes that they actually work, which is fine, as their effect cannot be scientifically proven. For me though, they do work. Perhaps it's just my own belief but still, if it works it works. I come from a quite spiritually developed family so I've been introduced to these stones when I was very young. I remember the time that I use to have enormous headaches and my Mum got me my first stone; an Amethyst. At first instance, it got worse. But after a day or two my headaches were over. Just gone. How? No one knows. It cannot be explained. But so many things can't and we should stop keep on trying it. Where is the fun in understanding everything in the world? If I may say so, I think it would drive us all completely nuts. These days I'm wearing a Malachite-stone. Keep in mind that there is not just one stone that is right for you. There can be found a lot of information online on stones and which stone is what for so it all depends and it changes over time as you and your life change over time. Dive into it if you like and if you don't, then don't! :) Always remember, there is absolutely no one but yourself you have to account on!

To close it off for now, I hope you gained a lot of new energy and input from this blog to start living your happiest life. If you have any specific suggestions, request and/or questions for future blogs, please let me know! I'm here for you.

If you feel more like a personal coaching session, you can contact me directly or find me via The Coaching Masters. Looking forward to meet you.

Love,
Lisa

About the Writer

Lisa Theunissen is an inspirational woman with a very positive spirit. She became a Happiness Coach to use her personal power and experiences to support others in finding (and start living) their own unique journey to their true happiness. Follow Lisa's journey on @lisatheunissen (Instagram) and check out her website: www.lisa-theunissen.com.