

Staying Positive

August 2023 Newsletter

8/1/2023

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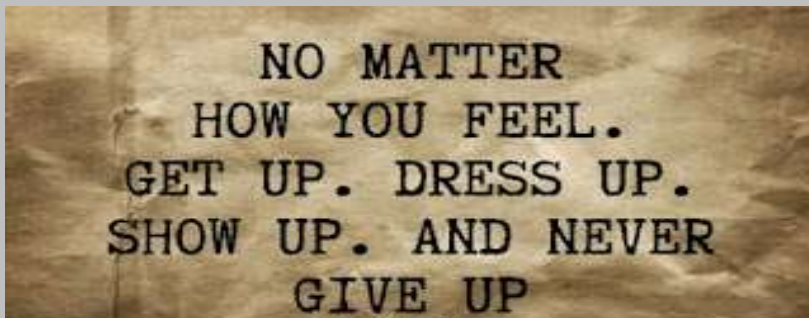
Stumbling Blocks

Without some hurdles and difficulties to overcome from time-to-time, life could become pretty mundane. Meeting challenges and somehow conquering them leads to a sense of achievement.

However, when obstacles appear and we start feeling overwhelmed, it is not always possible to see the potential for

that stop our forward movement. Albert Einstein's famous quote offers sound advice: "We cannot solve problems with the same thinking we used when we created them".

Staying positive and believing that you will find a solution may help you to tackle it from a different angle.



growth. During a difficult time, it is hard to stay positive and believe that we are advancing and becoming more resilient.

When we feel defeated it is easy to think negatively and imagine that our worst fears will be realized. Fear and anxiety are a natural reaction to a perceived or real risk but it can also become an excuse to avoid resolving a daunting issue. We all encounter stumbling blocks and barriers

Think positively and you will find a way.

Don't overthink the dangers that allow fear to take over, take action and watch fear disappear.

Focus on things you can change, ignore the external obstacles that are outside your control.

Don't give up, just show up and keep going.

Marie Wellness Clinic

This month the theme is all about staying positive when the going gets tough.

In life there are always obstacles to overcome, some type of obstruction usually exists between us and what we most want. Sometimes these stumbling blocks are in our minds. We anticipate a negative outcome and remain stuck, unable to take constructive action. Noticing how we are thinking about a difficult issue can help us resolve it. Are we creating a negative outcome because of past losses and perceived failures?

"Turn your wounds into wisdom and your stumbling blocks into stepping stones".
Robin Sharma

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