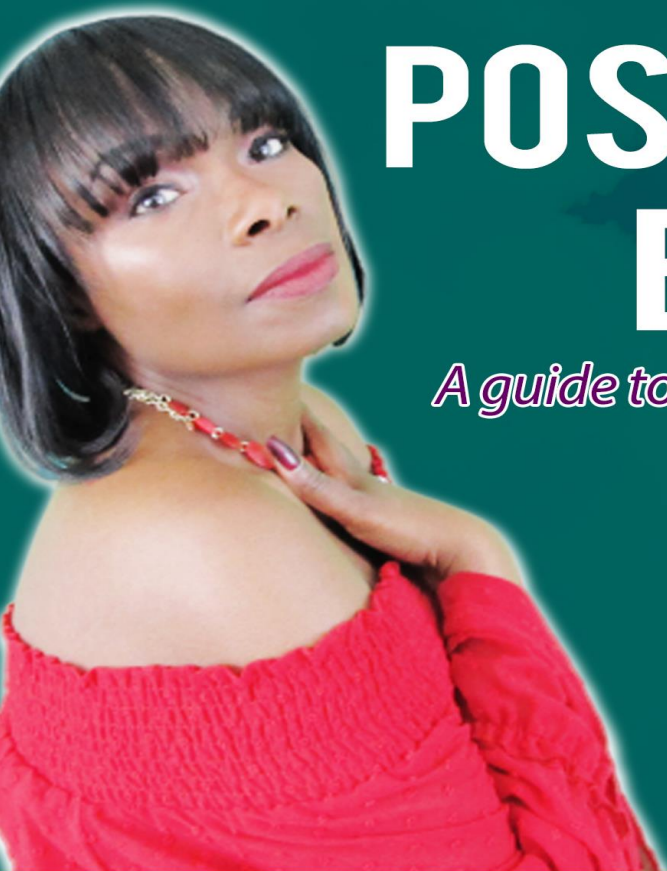


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POSITIVE THINKING FOR POSITIVE BEING

*A guide to selfless thinking
in six months*



Dr. Dawn C. Davis-Reid
(Coach Dawn)

Dr. Dawn C. Davis-Reid

Positive Thinking
for Positive Being
a guide to selfless thinking in six months

Dr. Dawn C. Davis-Reid

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Positive Thinking for Positive Being

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Dr. Dawn C. Davis-Reid

DEDICATION

With compassion and purpose
To my family & close friends
Thank you for helping me on this journey
For all beings
In this life...and the next

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INTRODUCTION

The purpose of this book is to help you take action towards positive being. What I mean by positive being is creating a life in the most beneficial way for yourself, and others. This includes creating purposeful and constructive causality. As creators, we are able to construct a beautiful and amazing world. However, there are thoughts and actions that produce destructive causality. Mistrust, anger, dishonesty, low self-esteem, negative thinking and inappropriate behaviors can take a depressing and unproductive toll on the psychological, spiritual, and physical wellbeing of you and others around you. Additionally, these chaotic states can often create a great deal of unnecessary destruction to the environment for which sustains all things. But, there are ways to minimize this destruction and eliminate suffering. It starts by taking ownership of your thoughts as an individual. How you think is just as important as what you do. Why? All of your actions begin with a thought. For example, the more you think about being compassionate, the more likely you will behave compassionately. Likewise, the more you think about being vengeful, the more likely you will take vengeful actions. The more you entertain an idea, the more power you give that thought to become tangible.

Most affirmation books provide a daily focus as a way to

change thinking. I decided to do something different. Humans tend to associate concepts, remember, and recall information much better the more they are exposed to messages. Therefore, the frequency and consistency of your exposure to positive messages may be more beneficial. When information is readily assessable in memory, it is more likely to be used in your behavior. With this in mind, I have assigned weekly mental inspiration points. Therefore, the goal in this book is for you to use the **Meditations**, **Messages** and **Affirmations** for seven (7) days. You are essentially creating a positive thinking practice. Furthermore, by reading the message twice a day, for each day, you are putting your mind, body and spirit in tune with the purpose of your self-development. You will begin to associate this daily mental practice with specific actions and behaviors. As such, the benefit of this guide will work to improve your thinking, state of mind, awareness, and ultimately, your behavior.

HOW TO USE THIS GUIDE

This book is presented as a weekly practice guide. It contains 26 **Meditations**, **Messages**, and **Affirmations** that are devoted to a specific mental and behavioral focus. The underlying intent of this guide is to help the reader (you) develop a new way of thinking and a positive way of being within six months. The overall purpose of each message is to encourage and establish a healthy view of yourself, others, and situations in order to “be” in harmony with all things.

Most devotionals or inspirational guides are designed for daily focus. Each day has a new message. However, to truly commit the messages presented in this guide to memory, and to form good habits, it is important to focus on the themes much longer than a day. For appropriate change to occur and become part of your being, it is helpful for it to become an automatic psychophysical process. For example, after you learn how to tie your shoes the task and actions became automatic to you. You develop both mental and muscle memory for the action learned. You no longer have to think about how to make a bow in your shoe strings. The task is mastered because it is part of your memory and behavior. From this perspective, most actions you learn do not come from one day of exposure, but from frequent and consistent practice over time. As such, I present you with a message or

concept to focus on for seven days. The goal is to help you develop an automatic way of thinking. And, once you think in terms of how you want to be, your actions will follow accordingly. Likewise, how you perceive the world shapes how you respond to it, and function within it.

SPECIAL NOTES:

This is the free eBook for this edition of Positive Thinking for Positive Being. The purchased copy does not contain reflective questions and there are some minor formatting differences. However, all other content is primarily the same between the eBook and the printed version on Amazon. Please note that the 3rd edition will be published in 2020 and will contain updated affirmations, topics and questions. Be sure to purchase your copy of the 3rd edition when its published.

SUGGESTED PRACTICE

I suggest keeping this book by your nightstand or where you devote time for personal reading. It may be helpful to start the practice in the morning, right after you awaken, or at night, before you go to sleep. For maximum benefit, find a quiet space where you will not be disturbed, and follow the practice below, twice a day, once in the AM (immediately after rising) and once in the PM (before resting):

*Focus on each **Meditation** phrase for one solid week (7 days)*

- Focus on what the meditative phrase means to you in that moment for 30 to 60 seconds (longer if you like)
- Envision ways in which the meditative phrase can be applied in a real situation
- Focus on how the meditative phrase makes you feel and want to “be” when you interact with others

*Read the **Message** after you meditate on the phrase*

- Think about how the message applies to you
- Think about how to convert the message into a realistic action
- Identify what area(s) of your life you can apply this message or action
- Answer any proposed questions and envision the outcome as if it were happening in that moment

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*Say aloud and slowly the **Affirmation** phrase three (3) times, after reading the **Message***

- Feel your intentions to think and behave in accordance to the message and meditation as you say the affirmation
- Consider how you can affirm the meaning in real-world situations

Optional reinforcement:

Write the meditations or affirmations on a post-it or notecard, and put it in a place you can see it easily:

- Carry the post-it or notecard with you
- Refer to it throughout the day for a reminder
- Throughout the day, identify opportunities to apply the message
- Identify the Message in other people, events, objects, or situations
- See the message within yourself; allow yourself to become the affirmation

If following this format proves too much for your schedule, then perform the activities once a day, instead of twice a day.

Finally, do not force this practice. Let it become a natural part of your normal activities, like exercising. Additionally, you do not need to change your current religious beliefs or spiritual worship. This guide is a “mind-style” change, so you

do not have to change your spiritual orientation. Enjoy the results!

WEEK 1: CHANGE IS IN THE MOMENT

Meditation: Change happens the moment I think of it.

Message: Your life changes the moment you consider taking different actions or thinking differently. Even the smallest change in thought can influence your future actions. For instance, thinking positively can have a phenomenal impact on your life and wellbeing because how you think influences how you feel and how you respond in situations. More importantly, change occurs in the moment you think of it. Therefore, you do not have to wait for a special moment, like making a New Year's resolution, or when a catastrophe occurs to make changes in your life. You can make a goal to change in this moment.

Reflective Question: What do you want to change in your life right now?

Affirmation: I am changing my situation by thinking differently about it.

WEEK 2: THINK POSITIVE AND CONFIDENTLY

Meditation: There is always a positive and beneficial purpose

Message: The best method for changing a bad situation is to start with thinking positively and confidently about what the outcome looks like. In other words, when you think, feel, and believe in positive results without doubt and with confidence, you are more likely to increase your chances of having a beneficial outcome. Also, bless and appreciate your experience and the circumstances and remember that there is growth and progress in overcoming obstacles. Meaning, welcome your ideas and vision about a positive result occurring. Be thankful for the situation for there is a purpose and a reason for your experience.

Reflective Question: How will the outcome of the obstacle or situation help you and others in the future?

***Affirmation:** No matter what is going on right now, the outcome will be to my benefit and I will use this experience to help others.*

WEEK 3: YOU ARE THE CREATOR OF A MOMENT

Meditation: I am the creator of my life.

Message: Just like you can change a moment, you can create one as well. You are a being with creative abilities who is filled with the very same infinite essence that exists throughout the Universe. Through your thoughts and actions, you can create an existence that is beautiful, peaceful, and in harmony with other beings. However, because you are also an individual, you can see the world from a self-perspective. In other words, you understand the world from the observer's point of view—your own personal perception. This can sometimes cause you to create a destructive causality because your focus is on self-interests only. But, when you observe the world as a creator, you have a sense of ownership and responsibility for how you think or behave. You can inspire and manifest change and positive outcomes.

Reflective Question: What will you create today?

Affirmation: I am a creator and I can manifest a better life for myself and others..

WEEK 4: BEING GOOD, FOR GOODNESS SAKE

Meditation: I will perform good acts, just because.

Message: What is being good, for goodness sake? In short, it means your actions are altruistic and authentic. You are behaving for the general good of the action without expecting a reward. The deed itself, for the benefit of others, is sufficient. Unfortunately, some people emphasize the rewards of doing good deeds. There is the idea that if you do not behave in a manner considered “good,” you will succumb to punishment, such as burning in hell. Even if you experience a temporary hardship, others may speculate that you did something bad, and you are being punished. From this perspective, to be good only to receive reward and avoid punishment is not performing acts for goodness sake. Instead, you are frightened into *doing* good verses encouraged into *being* good.

Doing good does not always translate into a reward. But, if you learn to think about your actions as simply being helpful in themselves, with no personal investment, you will not worry about the rewards to yourself. The focus is to entertain thoughts and perform actions that are right *just because*. Doing good for goodness sake has the best interest of everyone involved.

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Reflective Question: What good will you create today, this week, this month, just because it's the right thing to do?

Affirmation: I am good for goodness' sake

WEEK 5 : CAUSALITY

Meditation: Thoughts and actions create outcomes.

Message: Causality is a universal law that is understood in the fields of physics, philosophy, and religion. From both a spiritual and physical sense, causality is sowing and reaping, or planting and harvesting. So, no matter what you do, there will be a by-product of causality—good or bad, positive or negative. Therefore, your thoughts and actions naturally and automatically produce consequences.

Unfortunately, some people believe the effects of their actions will not impact others. However, everything and everyone is interconnected. If you are unhappy, then others around you can feel or recognize your unhappiness. Another misunderstanding we have is that only our intentions influence causality. Meaning, what you do on purpose is what matters. However, you may not intend to get into a car accident while texting and driving. The action is dangerous, no matter how safe you think you are being. As such, any action can increase the likelihood of causing harm or help to yourself and others. You do not need to have intent for damage to result. All actions equal a reaction and all causes have an effect.

Reflective Questions: What are you causing that is beneficial to you or to others? What are you causing that is not beneficial for you or others? What are you willing to do differently to create beneficial thoughts and outcomes for yourself and others?

***Affirmation:** I am responsible for my actions and the consequences of my actions.
I am the law of causality.*

WEEK 6: PRAYER

Meditation: Prayer leads to answers.

Message: When you do not know what actions to take, you can pray. When you are not clear about your direction, you can pray. When all else fails and there is nothing more you can do, you can pray. Prayer is your verbal communication with the Universe (Life, God, Nature, Divine Source, etc.). Praying helps to align your intentions with your purpose. It also focuses your intentions, thoughts, and actions towards a specific goal. Many faith-based practices understand the power of prayer. Buddhism, Christianity, Islam, Judaism, and many other religions, encourage their followers to pray. Enlightenment and transformation are said to come from deep, mindful prayer and meditation. Likewise, prayer can change your perception about a situation. Prayer is a form of action and all actions create results. So, with pure intentions, pray each day on a specific goal or outcome. Even if you do not immediately see tangible results, you will feel emotionally and spiritually in-tune with your life.

Reflective Questions: What prayers do you recite to keep you aligned with your purpose? If you do not pray, reflect on how you communicate with “self” or the Universe. what can you communicate or say to align your intentions and actions with a clear purpose?

***Affirmation:** When I pray with focus, my intentions, thoughts, and actions are lining up for a purpose.*

WEEK 7: THE REALITY ABOUT TIME

Meditation: Time waits for no one.

Message: People are often unaware of time. Some folks waste time. Others try to catch up with it. Then there are those who try to hoard it. Time is no person's keeper, and people are unable to keep time. It will not wait for you. You will never make up the time you lost, or get that time back. Why? Each moment is unique in itself. Each moment is new. Once it passes, it is gone. You cannot hold on to time. It is like vapor that dissipates into the unknown after being released. No matter how much you set your clock, watch the seconds turn into minutes, minutes turn into hours, and the hours turn into days, that time is never the same in the next moment you experience it. So, when you are in "the moment" of a period in time, be in it. Live it. Experience and appreciate it for what it is. Then, let it go.

Reflective Questions: What ways to you waste time, causing you not to live in the moment? What will you do different to live more in the moment?

***Affirmation:** I will live each moment as a new beginning. When a moment is over, I will let it go.*

WEEK 8: FEAR LESS

Meditation: Be not afraid.

Message: I have often heard my Christian brothers and sisters say that “fear is not of God.” While I understand the intent is to encourage individuals to overcome their fears, in my humble opinion, this statement is somewhat misunderstood. Fear is a neurological and biological function of emotional being. Just as courage is a part of us, fear is equally part of our temperament. The purpose of fear is to motivate an organism into action. Fear influences the nervous system, muscles and even your thinking. If understood in the proper context, fear incites you to stand and fight, or to run. From this perspective, fear is a survival mechanism found in most animals and humans.

When you are too afraid to respond, you risk your survival and the survival of others. When you are too afraid to act, you allow negative causes to occur. When fear creates doubt and stagnation, progress and success are blocked. As such, uncontrolled fear is counterproductive and harmful, and leads to cowardliness, shame and destruction. Those who overcome the feelings of fear are not absent of fear, but more focused on courage. Fear is a normal response that is meant to alert you to possible danger. However, when you experience fear, you should focus on courage. Courage, is emotional strength in spite of feeling fearful.

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Reflective Question: What do you want to be “unafraid” of? What can you start doing to help you minimize your fears?

***Affirmation:** I am fearless*

WEEK 9: SELFISH VS. SELFLESS

Meditation: Selfish, I walk alone. Selfless, I walk with others.

Message: The flaw of humankind is selfishness. Although selfishness serves to ensure survival, our need to satisfy our personal desires above all else is our downfall. This does not imply that we should not want to be happy or gain material benefit. There is nothing wrong with feeling good and enjoying life. However, when we focus only on our own needs, we become self-centered. When selfishness arises, our own benefit and individual happiness becomes the sole purpose of all that we do. The flaw in this is that what benefits the self may not be good for “other selves.”

When self is the only focus, an individual might close his eyes to the suffering and needs of others. Additionally, an individual may seek to destroy others in order to seize opportunities that fulfill personal desires. We are born with a selfish nature that, if not kept in check, can be harmful.

Selflessness is the perfecting trait to our inherent selfishness. It is important to remember that we are all interconnected to each other. A lone self that lives separate, beyond or above all other beings does not exist. Selfish tendencies can be subdued by the willful choice to act in service of others. The more you help others, the less you think about being selfish.

Reflective Question: What can you do to focus less on yourself and more on others?

Affirmation: I vow to keep my selfish nature in check.

WEEK 10: UNCONDITIONAL LOVE FOR ALL

Mediation: Love, compassion and kindness guide life.

Message: Each and every type of being, including animals, plants, and objects, represent the Divine. We are all a unique reflection of the Universe. All of creation has within it a pure nature that comes from the beginning of existence. Even those whom you consider your enemy possess this nature. Therefore, all beings are worthy of respect, kindness and compassion, even if they may not always seem to deserve it. As a society of reasoning beings, with codes of conduct, this does not mean we should accept evil, condone immorality or allow inappropriate deeds to flourish. Rules and laws are in place to ensure individual liberty. But, we are also spiritually obligated to express humanity towards others. We should place mercy above justice when possible. There should be brotherly love and respect for each other simply because we are coexisting with each other.

It is important to bring peace, equality, compassion and cooperation to our existence so that we can all live in harmony. Subscribing to a doctrine of hate only serves to separate beings from each other. Love brings people together. So, love your enemy. Do no harm. Be merciful and forgiving. Treat every person as your brother or sister. At the very least, avoid causing others to suffer.

Reflective Questions: Do you see other beings as Divine

extensions of God (the Universe, Divine, Spirit, etc.)? How can you develop a stronger connection with other beings that respect individual spirituality that differs from yours?

***Affirmation:** We are all children of the Universe. We are all brothers and sisters who are spiritually and physically connected.*

WEEK 11: THE EXTERNAL AND INTERNAL ARE ONE

Meditation: I am part of the situation, not outside of it.

Message: People fail to consider internal influences—such as personal actions or causality—when it comes to life experiences. Although external forces, like the choices and behaviors of others, can impact your decisions, you are an active participant in your situation. All that happens around you is, in part, due to the nature within you. Therefore, when you evaluate a situation, consider that you are just as much a part of the outcome as external influences. The forces outside of you also function within you. Whom or whatever you blame for the causality of your life’s condition does not remove you as an active participant. Your life is what it is because you are who you are, and due to the choices you made along the way.

Reflective Questions: In each situation you encounter, identify how you are part of what’s going on around you. How do you contribute to a situation, both beneficially and non-beneficially? What can you do to improve how you contribute to situations?

***Affirmation:** My experiences are my responsibility and I cannot blame the outcome of my experiences on anyone or anything but me.*

WEEK 12: LETTING GO

Meditation: Letting go is healthy.

Message: It can be very difficult to emotionally let go of negative thoughts or experiences. Humans try to fix what is broken, work around unproductive behavior or toxic relationships. However, there comes a time where the most beneficial and healthy thing to do is to release the negativity. People we love can be the hardest to let go. When we attach ourselves to others, even in unhealthy ways, we create bonds and familiarity that provide a sense of comfort. That attachment may even be co-dependent or harmful, but serves as a constant—a known.

When I say let go, I do not mean forget, or to be callous. Letting go has more to do with allowing yourself and the person to be free to be happy. Releasing another person allows wounds to heal and opens the path to forgiveness. So, if there is anything that is not benefiting you, then bless it, and release it.

Reflective Question: What 3 things will you let go this week, month, or year?

***Affirmation:** I release negative events, situations and people to live freely and unrestrained from me. I bless what I release because it has served its purpose.*

WEEK 13: ALL HAS VALUE

Meditation: Everything has purpose and value.

Message: I once was in a conversation with a woman. She was discussing how her son had to euthanize his dog. I found it odd that she referred to the dog as soulless and didn't understand why her son was so upset. Her exact words were "I guess it is sad, but it's not like the dog was human or had a soul." Some humans see ourselves so superior to animals. More interestingly, there are those who see people from other races or religions as being "less than human" or soulless. There are several psychological explanations for this type of thinking, but none of these reasons justify why this perception is expressed. As intellectual beings, we have the ability to be objective about how we view the world and all beings within it.

The same creative force that created you also animals and plants. Also, all things share common atomic or molecular material. For instance, gorilla's share 98% of human DNA and a banana shares approximately 68% DNA with humans. There is only .01% differences in DNA between humans themselves which contribute to variance in our eye color, complexion or height. Therefore, when you look at people, animals, plants and objects as an interconnected part of your existence with purpose and value, you lose your illusion of superiority. You can begin to see that all things add value.

Reflective Question: What are things I share in common with others? How will you respect or value the differences you have with others?

Affirmation: I live in harmony with all things. I perceive all beings as equal although we all have different reasons for being. All things deserve respect and appreciation.

WEEK 14: CONTINUAL GRATITUDE

Meditation: I am grateful.

Message: *Thank you.* These two words have exceptional power. When someone holds a door for you, when you receive a gift, when a friend listens to your problem or makes you laugh, saying thank you releases gratitude and appreciation. Not to mention, you create the opportunity to receive more. People are willing to do things for you when they know you are grateful. Saying thank you also makes you feel good. However, the lack of gratitude closes doors. So, at every opportunity, and for future blessings, say thank you. Say thank you before and after you eat a good meal. Thank you when you wake up. Thank you because you have shelter. Thank you because you have clothes. Thank you because you can love. Thank you because you can be as you are, or become what you envision. Thank you just for the sake of being thankful.

Reflective Questions: What are you grateful for? How will you show gratitude for the things you are grateful for in life?

Affirmation: *The greater my gratitude the better my attitude. I will offer appreciation every moment.*

WEEK 15: TOLERANCE

Meditation: I am able to endure.

Message: There are two primary meanings associated with the word tolerance: 1) objectively accepting something that conflicts with your own beliefs, and 2) the capability of enduring a painful or uncomfortable experience. With respect to the first meaning, we share a world that consists of diverse cultures, different worldviews, and varied perspectives that may differ from our own. Therefore, we are destined to encounter different beliefs of other beings. Disagreements are inevitable. However, it is important to live in peace with others, to respect the beliefs of others, even if you disagree.

This leads into the next meaning. It may feel painful to accept a conflicting belief, such as differences in theology, sexual orientation or parenting style. But, to maintain peace and respect for others, we must learn to endure our differences, instead of trying to change other people. It is your birth right as a human being to enjoy personal liberty and allow others to do the same. The next time you encounter someone with a difference of opinion, do not argue or attempt to change the other person's beliefs. Simply show endurance and agree to disagree. That is endurance.

Reflective Question: How can you strengthen your endurance (acceptance and tolerance) of others?

***Affirmation:** If I want others to tolerate my values, beliefs and being, then I must tolerate the values beliefs, and being of others.*

WEEK 16: RECOGNIZING THE SUFFERING OF OTHERS

Meditation: We all experience suffering.

Message: It is easy to ignore the suffering of others when we choose not to see other people's pain. We can hide in our home, behind work, or focus on our own life. Some people try to blur their vision of suffering (theirs and others) with drugs and alcohol. We can also blame those who suffer for bringing about their misfortune because of something they've done. It is easy to close a blind eye so that we don't have to deal with the reality of suffering. When we do see other people's suffering, we may not validate how they may feel. We may say it will get easier, don't worry, or be happy. But, that does not fix the root cause of an issue or stop the suffering. To deal with suffering, we all must see our responsibility to each other. When we choose to ignore suffering, we shirk from our responsibility to others.

Let us each recognize that suffering exists and we all experience it at one point in life. Also, we can help each other minimize our respective sufferings by offering temporary assistance and tangible support. Most importantly, do not add or cause the suffering of others by ignoring someone else's pain.

Reflective Question: How will you reduce the suffers of others and yourself? How will you avoid creating suffering for others and yourself?

Affirmation: I accept that suffering is a part of life. However, I can contribute to the cessation of suffering by recognizing and attending to the suffering of others.

WEEK 17: LOVING YOURSELF

Meditation: Love starts with self.

Message: To give love, and to be loved, is an indescribable feeling. Love gives you courage. Love conquers hate. It is a unifying emotion that leads to forgiveness, peace, and joy. When we can love ourselves unconditionally, we open the door to loving others. When we honestly love others, we further deepen love for self. This may sound strange or even selfish. But true self-love, refers to the capacity to see yourself as worthy. Self-love also includes viewing all of life as an extension of self—an extension of your being that thrives on loving kindness, respect and understanding. When you can love your imperfections, smile at your mistakes, laugh in spite of yourself, and hold yourself dearly, you can find the fortitude with which to love others. The key is seeing yourself in others. What you love, you cannot easily destroy. You are less likely to put yourself in harm's way. The love you have for yourself will illuminate from within and positively influence others to love themselves as well. Therefore, love yourself completely. .

Reflective question: What activities or thoughts affirms your self-love? How can you increase or improve your self-love?

Affirmation: I am worthy of love—from others and from myself.

WEEK 18: SEEING CLEARLY

Meditation: May I see clearly.

Message: Sometimes we cannot see our purpose, let alone opportunities that can lead us to our purpose. Unfortunately, we can be blinded by our perceptions concerning what we think reality is. Psychology proposes that we are shaped by media, our experiences, gender, socio-economic status, and religion. Our language and culture are formed based on our geographic location. These various aspects create how we “see” the world, as well as ourselves. If any of these aspects are skewed, then our view of the world, and self, may become distorted.

What happens when your perception is unclear? Your viewpoint becomes unclear. When your views are unclear, your choices and actions are distorted. As this happens, you can over-think situations, make mistakes, hurt others and yourself, or miss out on opportunities. For example, do you think people are always talking about you? Thinking this can cause you to gossip or become confrontational. Do you feel unworthy or unloved? Feeling this way can cause you to be depressed, treat yourself unhealthy or allow you to accept poor treatment from others. Do you believe the world owes you, or that you are better than everyone else? Such a perception can cause you to become selfish or callus.

To fix your mental vision, you must identify what

influences your perception. Is it cultural views, TV, or social media? Determine what the source of information is that feeds your perception. Then, work towards changing your source if the source is not based in reality or positivity. Affiliate yourself with encouraging influences, which nourish your perception. Objectively observe your actions, your thoughts, and feelings. Recognize when your perception is unhealthy. Get in tune with yourself and let your conscience guide you. Use your reasoning skills to think logically about reality. When you see clearly, you think appropriately, feel better and know your purpose. When you see reality as it is, there is no doubt or confusion about what you see.

Reflective Question: What are your blind spots and what can you do to remove them so that you can see your next steps and purpose clearly?

***Affirmation:** Perception is not true reality.
True reality is about understanding the
world as it really is and knowing my place
in the world as I truly am.*

WEEK 19: KNOW YOUR POWER, KNOW YOUR PURPOSE

Meditation: Thoughts are powerful.

Message: We give power to all things in our lives.

Whatever you believe is what you manifest. If you give thought or energy to any hope, desire or experience, you are actually giving power to that phenomenon to become tangible. For instance, if you believe that a rock will give you luck, prosperity, or good health, you are transferring your thoughts to that object. You are giving that object your power of faith. That power transmits back to your mind, triggering your consciousness, and strengthening your thoughts about what you desire from that object. As such, if you believe a rock will give you prosperity, any occurrences of prosperity you experience will be related to having and believing in the rock. That is the power that you have. Therefore, be aware of your power. Be aware of your thoughts. Transfer your faith into items that will manifest into the greatest value. That is your purpose.

Reflective Question: How are you giving up your power through what you think and what can you do to reclaim your power through your thoughts?

*Affirmation: I am what I think. I think
power and purpose into being.*

WEEK 20: YOU'RE ON A JOURNEY

Meditation: Life is what I make it.

Message: Each and every experience you manifest is like a trip you travel created from your own actions and thoughts. Each choice you make can lead you up a sloped path, down a winding road, or across a dusty trail. In one decision you can be detoured, become lost, or end up leaving the beaten track. Other times, you can take off running and forge into new exciting territories. One thought can send you in a smooth direction or on turbulent travels. The road you choose can be bumpy and rough, or the route can be scenic and majestic. Sometimes you can create a combination of boulders and paved paths on your way. Occasionally, you will see beautiful landmarks or barren lands. You may place yourself on the rough side of the mountain or walk in the depth of the green valley. At times, you create mountain top experiences for yourself and others around you. You can choose to be a passenger or sit in the driver's seat. On some travels, you walk alone, or fly with others. This is the journey of your life. There will be ups and downs and a mixture of experiences. How you travel is up to you.

Reflective Question: How will you live your life's journey to create meaningful experiences for yourself and others?

Affirmation: It's not the destination that is important, it is the journey.

WEEK 21: CUT THE ROOT

Meditation: It is the weed that strangles the flower.

Message: Things that aggravate, upset, or annoy us are like the roots of weeds that are firmly planted in the ground. Weeds steal the ground's nutrients and kill the surrounding plants and flowers. Weeds can grow out of hand and overrun your garden if you don't manage them. As such, those "things" (weeds) in your life that deplete you of your energy, peace of mind, or time, and talent will also kill your spirit. When you are not mentally or physically nourished, you can negatively infect everything and everyone around you, as well as destroy your life (garden).

How do you get rid of weeds? They must be removed at their roots! What is the root cause for things that destroy, trouble, or annoy you? Usually, if you think about it in the right way, it is your perception of the situation (person or circumstance) and your resulting response to that situation. For instance, if you do not like a person, the root problem is with you, not them. If you do not have enough time to do what you want, the root problem is in your time management and the choice to overcommit yourself (not saying "no" when you should). So, if another person annoys you, then try to see them differently – find their positive qualities, or learn to love them from afar. If you are overwhelmed, then learn to say no to some requests, do not procrastinate, or waste time.

Whatever your weed is, find it and remove it. Remember, the root or issue is embedded within you. If it were not so, you would not be bothered by it. Removing weeds from your life means letting go, saying no, and releasing the cause with your blessing.

Reflective Question: How will you identify and pluck out the weeds in your life?

***Affirmation:** I will cut off anything that hinders or harms me. I can say no, goodbye and never again, with loving kindness.*

WEEK 22: TAKE RESPONSIBILITY FOR YOUR ACTIONS

Meditation: Be responsible.

Message: It is not easy for some people to take full responsibility for their actions and thoughts. However, each of us contributes causality to a situation. Your decisions and actions can have unseen consequences. Nonetheless, you are a creator and influencer of the outcomes you experience. We each are part of the equation in every moment of our respective lives. Therefore, you cannot remove yourself from the law of causality because you are part of every cause and effect.

Of course, you do not consciously request negative outcomes to occur. Likewise, unfortunate things may happen to good people. But, you should be aware how your thoughts, actions and choices reflect what you experience. With that in mind, do not ignore your personal responsibility and influence in a situation. Instead, accept it. Think of what you can do differently to avoid negative outcomes, not just for yourself, but also for others.

Reflective Question: How will you take responsibility for your decisions and actions?

***Affirmation:** Whatever I think, whatever I do, whatever I say, I am responsible for the outcome.*

WEEK 23: RELIGIOSITY

Mediation: Compassion and kindness is religion.

Message: If you believe that the deity you follow (God, Goddess, Allah, Buddha, Jesus, Muhammad, Nature, Self, or other) is a protector, merciful, loving or compassionate towards you, then stand firm on the equal belief to love others. Better yet, love others as you give reverence to your deity. Most religions encourage love, peace and harmony, especially towards those of the same faith. But, there should be no difference between how you treat someone who follows your faith, and someone who does not. Any action that harms another is against the Divine or Holy Essence of Existence. Likewise, treating someone with disrespect or with unkindness gives your religious beliefs a negative connotation.

Reflective Question: What is the essence or “deeper meaning” of your religion when it comes to how you treat others and how you want to be treated? If you are not religious, how do you treat others?

***Affirmation:** True religion is about how I treat others.*

WEEK 24: UNPLUG

Meditation: Disconnect in order to reconnect.

Message: People spend so much time investigating who posted to their “wall,” updating their status, checking emails, or sending texts that they forget there is life outside of their personal technology devices or social media. We are so plugged in that we have tuned out. We have disconnected from reality and live our existence within virtual worlds, and speak a dispassionate, shorthand language of abbreviated terms. We have disassociated to the extent that we can tweet or post hateful or hurtful comments without regards for the feelings of our intended target. Why? We do not see them. We have become emotionally and socially disconnected. For instance, celebrities are called names and ridiculed by anti-fans on Twitter and Facebook. Bullies torment their victims online to the point where the victim will commit suicide. Of course these are extreme examples. In lighter situations, today’s children sit at the dinner table texting their siblings or parents who are sitting next to them, verses having a conversation. People visit each other in person less. Instead, we Face Time, or Skype. Technology should not replace human touch or our need for social contact. Virtual communication should be the exception, not the norm.

It is important for humans to unplug, more than we plug-in because we are social beings and have the innate desire to

have physical contact with others. Likewise, we maintain personal relationships when we are in tune with each other. I challenge you to have a technology fasting. Give up all of your devices for one day a week. No texting, no emails, no status updates, no virtual reality. Be in true reality, fully and completely. Visit your best friend. Practice being in the moment with other people. It is important to remember that we are social creatures, with feelings, and we need direct contact with each other. At the very least, focus on those in your presence or pick up the phone and listen to inflections of the person's voice instead of reaching for your smartphone or tablet. Laugh out loud for real (LOLFR), where the joy in your voice can be felt as well as heard.

Reflective Question: What 3 ways will you disconnect in order to reconnect with people in the real world, and get in touch with life?

***Affirmation:** I will disconnect from virtual reality so that I can reconnect with true reality. It is important for me to get in touch with life.*

WEEK 25: WORRY LESS

Meditation: There is no need to worry.

Message: It is scientifically accepted that worrying contributes to stress, and stress may increase your susceptibility to illness and diminish your mental stability. In other words, worrying can make you sick. Why do you worry? Think logically about this question and put your worry in perspective. Does worrying make the time pass faster as you wait for an outcome? Do you get the answer quicker by worrying? Does worrying change the outcome? What does worrying do for you; does it help or hurt? Even if your outcome is unfavorable, or your worst fears come into fruition, will worrying change any part of the results? Do you believe that you are strong enough to deal with the outcome? If you do not feel strong enough, what other choices do you have?

You will overcome whatever you are worried about. Likewise, the results of the situation will settle into its rightful space. The situation will turn out one way or another. There isn't a middle ground. In the end, there will be a resolution. So, why worry about it? With this in mind, make peace with the causality of your life and cease from worrying. If worrying cannot motivate you to take positive actions and make beneficial changes that will put the outcome on a different path, then worrying has no place in your experience.

Reflective Question: What can you do to decrease worry and increase courage and confidence?

***Affirmation:** No weapon formed against me can prosper, unless I allow it to do so. I have no reason to worry about what will happen because what will be, will be.*

WEEK 26: BEING

Meditation: I am.

Message: Each moment of your life adds up to the total sum that equals to who you are in this moment. Therefore, you are each experience, encounter, and breath of your life. Takeaway any moment from your existence, and you would be a different person than who you are right now. Additionally, every time you add a new moment, you become a new you. Therefore, being is more than living. Being is thinking and doing. Better still, true being is purposeful and mindful. It is you as a co-creator in life, making changes to your reality, and achieving your full potential. Being is also you invoking the co-creator in others. Being is your past, present and future in the same space and time. Each moment captures a snap shot of your being. So, intentionally make each moment "be" the best ever through positive thinking and positive actions.

Reflective Question: What does it mean for you to be right now, in this moment and what will it mean for you to be you in the next moments?

***Affirmation:** My being is willfully and purposefully created and interconnected to other beings.*

ABOUT THE AUTHOR



Dr. Dawn C. Davis-Reid is a certified mindfulness coach, motivational speaker, relationship specialist, as well as personal and professional development consultant. She also serves as a non-denominational, inter-faith Officiant and provides life and relationship management advice. Her guidance focuses on the whole person, as part of an interconnected system. Dr. Reid has consulted in the areas of training and compliance at major international companies, and currently lectures at several U.S. universities on topics related to general psychology, social psychology, and social cognition, both as an online and traditional adjunct. Additionally, she served as a panel speaker at the 10th Annual Social Theory Forum. Ms. Reid is the author of articles and books on relationship building, positive thinking, conflict resolution, and spirituality.

She earned her Bachelor's degree in Behavioral Science from New York Institute of Technology and her Master's degree in Psychology from Walden University, with focus on

social behavior. Dr. Reid earned her Ph.D. from Northcentral University, with emphasis on social cognition and coaching psychology.

Ms. Reid previously served as an associate member of the Society for the Teaching of Psychology, the American Psychological Association, and the Aspergers Parent Education Network. She also volunteers her time as a special education advocate to ensure unique learners receive a free and appropriate public education.

To learn more about Dr. Reid, or Reid Ready Life Coaching, please visit www.reidready.com

Positive Thinking for Positive Being

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