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# WHAT YOU'RE REALLY HUNGRY FOR

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WITH CYNTHIA PASQUELLA-GARCIA

## 10 PRACTICES TO HELP YOU FIND MORE POSITIVITY AND LIGHT IN YOUR LIFE

### ACTION GUIDE

{MISS EPISODE 010 WITH BRANDY GILLMORE, *POSITIVITY: HOW TO TRANSFORM YOUR HEALTH USING THE POSITIVE POWER OF THE MIND?* WATCH IT NOW AT [WWW.CYNTHIAPASQUELLA.COM/SHOW](http://WWW.CYNTHIAPASQUELLA.COM/SHOW)}

The mind is an incredibly powerful tool. In fact, your mind creates your beliefs, feelings, experiences, results, and shapes your entire world. The Law of Attraction says, “*What you think about, talk about, believe strongly about, and feel intensely about, you will bring about.*”

Because what you expect to see in the world is what tends to happen, psychologists call this the Expectancy Effect.

For example, when you expect to see people who are mean and critical, you will find them. You'll notice someone stealing a cab from an elderly woman on the busy New York City streets. Or you'll hear women gossiping about a co-worker on your lunch break.

But when you go out and expect to find generous and kind people, you discover that *those* are the kinds of people you see. You have such a primal, and often unconscious, need to be right that your mind can't help but to seek evidence for what you believe.

Because of this, it is essential that you focus your energies and your thoughts on the good and positive things in your life and in the world around you.

This Action Guide will walk you through ten practices that will help you discover the positivity and light in your life – so let's get started!



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## STEP ONE: Positive-Thinking Practices

Make a point to use these ten practices in your life every single day to rewire your thoughts and shape your mindset.

1. Use words that evoke strength and success.
2. Practice positive affirmations.
3. Believe in yourself.
4. Engage in activities that work toward your goals.
5. Meditate.
6. Stop being your own worst critic.
7. Be constructive.
8. Surround yourself with positivity.
9. Forgive yourself.
10. Relax and let things happen.

## STEP TWO: Put It Into Action

Write about how you will put some of these exercises into action below, and be specific! Write down words you will use to describe yourself positively. Write down specific affirmations you will use to build yourself up daily. Write down words you currently use that are more critical and hurtful, cross them out, and replace them with positive words. Even plan for when you can carve out time to meditate and reflect.

Stick to your action plan, and make a point to reflect on this list every day until you find yourself choosing positivity out of habit!

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## This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slightly textured appearance and is set against a dark background.

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WHAT YOU'RE *REALLY* HUNGRY FOR!