

Creating Positive Surroundings Practice

A Positive Surroundings practice involves consciously creating a physical and mental environment that supports your well-being and aligns with your desired reality. This may include surrounding yourself with positive and supportive people who uplift and inspire you, creating a physical space that feels peaceful and harmonious, filling your space with things that bring you joy and inspiration, and engaging in activities that bring you joy and fulfillment or activities that lift your spirits and help you feel good. By intentionally cultivating a Positive Surroundings Practice, you can elevate your vibration and attract more positivity and abundance into your life.

It's about recognizing that your surroundings can have a powerful impact on your thoughts, emotions, and energy, and taking conscious steps to cultivate an environment that supports your growth and happiness.

To create a positive mindset, choose to surround yourself with uplifting quotes or affirmations, listen to music that makes you feel good, or spend time in nature to connect with a sense of peace and tranquility.

Ultimately, a Positive Surroundings Practice is about taking responsibility for the energy you bring into your space and intentionally creating an environment that supports your growth, well-being, and alignment with your desires.

One additional aspect to consider is the importance of setting boundaries in maintaining positive surroundings. This can involve being mindful of who and what you allow into your personal space, and taking steps to remove or limit interactions with people or situations that have a negative impact on your well-being. It can also involve consciously seeking out and surrounding yourself with positive influences, such as uplifting friends, supportive communities, and inspiring content. By being intentional about your surroundings and making choices that support your growth and happiness, you can create a more positive and fulfilling life experience.

Some other ideas for creating positive surroundings are:

1. Create positive relationships: Surround yourself with people who uplift and support you, and who share similar values and goals. Foster healthy relationships that are built on trust, respect, and kindness.
2. Create a peaceful home environment: Make your home a sanctuary that reflects your personal style and brings you joy. Create spaces that are organized, clutter-free, and comfortable, and incorporate elements that promote relaxation, such as soft lighting, soothing colors, and natural scents.
3. Engage in activities that bring you joy: Make time for activities that you enjoy and that bring you a sense of purpose and fulfillment. This can include anything from creative pursuits like art, music, or writing, to physical activities like exercise, yoga, or hiking.

4. Practice gratitude: Focus on what you're grateful for in your life, and express your gratitude regularly. This can help shift your perspective to a more positive and optimistic one, and create a sense of abundance and contentment.

5. Consume positive media: Be mindful of the media you consume, including news, social media, and entertainment. Choose media that is uplifting, inspiring, and promotes positive values, and limit exposure to media that is negative or toxic.

It's also important to remember that creating positive surroundings isn't just about the physical environment, but also about the people we surround ourselves with and the thoughts we think. It's important to seek out and spend time with positive, supportive people, and to practice positive self-talk and focus on positive aspects of life. This can help to create a more positive, uplifting atmosphere in all areas of your life.