

Feeling Good - Exercises To Do To Feel Good:

There are many exercises and strategies you can implement to create a more positive emotional state and to feel good. Here are some suggestions:

1. Gratitude: Spend a few minutes each day writing down things you're grateful for. This can help shift your focus from what's going wrong to what's going right.

2. Meditation: Regular meditation can help calm your mind, reduce stress, and cultivate a sense of inner peace. You can do a simple meditation where you quiet your mind for 15 minutes a day.

3. Mindful Breathing: Practicing mindfulness can help ground you in the present moment, reducing worry about the past or future. You can do this through mindful breathing or any activity where you focus your attention fully on the present moment.

4. Visualization: Spend some time each day visualizing what you want as if it's already happened. This can help raise your vibration and align you with the feeling of your desired outcome.

5. Affirmations: Positive statements or affirmations can help to shift your thought patterns. Repeating phrases like "I am worthy of all I desire," can help generate positive emotions.

6. Physical Activity: Regular physical activity can boost your mood and serve as a healthy outlet for stress and tension.

7. Laughter: Laughter truly can be the best medicine when it comes to lifting your spirits. Watch a funny movie, share jokes with friends, or do anything else that brings laughter into your life.

8. Connect with Nature: Spend some time outdoors each day. The natural world can have a calming and uplifting effect on your mood.

Remember, it's normal and natural to experience a range of emotions, including negative ones. These strategies are not about denying or suppressing negative emotions, but about learning to manage your emotional state in a way that supports your overall well-being and your ability to attract what you desire. It's about reaching for the better-feeling thought in any given situation. It is climbing the Emotional Scale and living in the top half of the scale in the higher feeling emotions most of the time.