

Flipping the Switch



We all have difficulty at times with negative thoughts creeping in our minds. How do you “flip the switch”? Here are some tips.

- ★ Be aware — we cannot change our thoughts if we don't notice them. The first thing that has to happen is that you must notice when you are thinking negatively. Be aware of your thoughts. It is the only way that you'll be able to control them.
- ★ Be thankful for what you have now — what are you thankful for? What makes you smile? What things in your life make you happy? What skills do you have now? When negative thoughts creep in, think about these things.
- ★ Goals — what do you want? What do you want your gymnastics to look like? Paint a picture in your mind of what it is that you really want. Think about what you want — not what you don't want.
- ★ Music — music can quickly change your mood. What music moves you? What music makes you happy? When negativity strikes, strike back with a good vibe. Make a workout playlist with your teammates!
- ★ Nature — Have you ever noticed how great it feels to take a walk outside or to play with a pet? That's because nature is perfect. Spend time with perfection, and your attitude cannot help but to improve.

