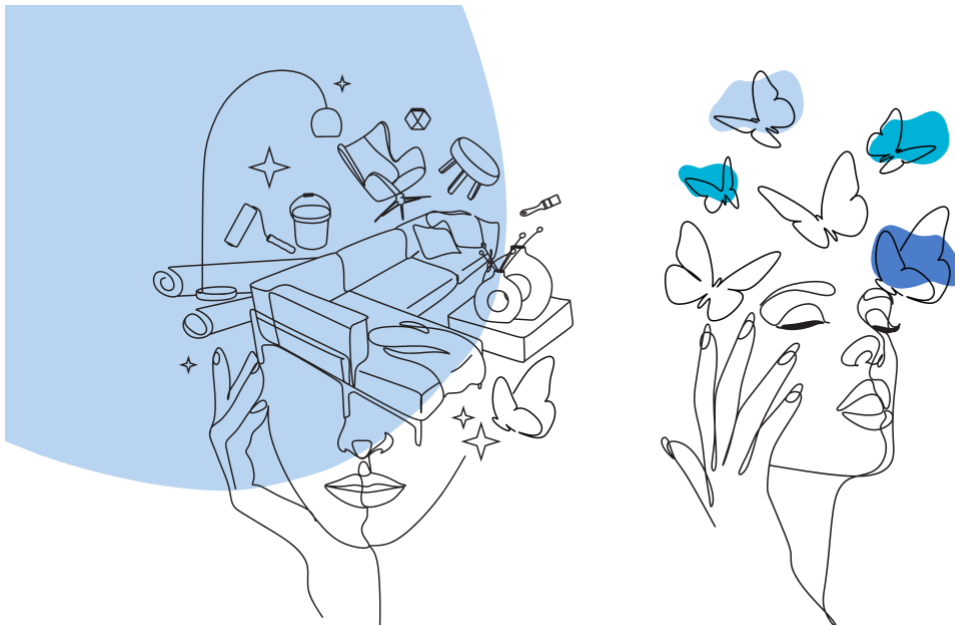


## August - 3-2-1: Declutter Your Mind of Negative Thinking (Part I)

A Monthly Resilience Newsletter



“The real voyage of discovery consists not in seeking out new landscapes, but in having new eyes.”

Marcel Proust

## Hello and welcome to the second edition of our newsletter.

I am Julia Coggins, a Coach/Facilitator/Event Planner and Yorkshire Pudding maker. You will find out more about me by going to [my website](#).

I made some mini-Yorkshire Puddings the other night – don’t berate me because they were mini’s, instead bask in their crispy, puffy, golden splendour! (Feel free to send me photos of your Yorkshire’s and any cooking tips too.)



Sometimes I am asked – “What is a coach?” I like Joseph O’ Connor’s explanation:

“A coach is a magician of change, who takes the cards you have and helps you play your hand better, or sometimes to change the rules of the game, or to find a better game.”

Do you want to play your hand better, make your own rules or perhaps go and find that better game? Let us help you build your own resilience toolkit so you can do just that.

This month we will provide you with the 3-2-1 of Decluttering Your Brain of Negative Thinking :

- Three tips for you to add to your toolkit
- Two articles you may wish to check out
- One Video recommendation for you to view

## Decluttering Your Brain of Negative Thinking

Shawn Achor is an advocate of positive psychology and author of *The Happiness Advantage* and founded GoodThink, Inc.

He believes that the lens through which we view the world shapes our happiness.

It is not our reality that shapes us, but the lens through which our brain views the world that shapes our reality. If we can adjust the lens, not only can your happiness be changed, outcomes can be transformed as well.

Your external world only predicts 10% of our long-term happiness. 90% of our long-term happiness can be predicted by the way our brain processes the world.

If we can raise someone's level of positivity in the present, then the brain experiences a happiness advantage. Your brain in a positive state is 31% more productive, your intelligence increases, your creativity levels rise, and your energy is boosted.

You can train your brain to become more positive - all it takes is a 2- minute span of time for 21 days in a row and you can rewire your brain, allowing your brain to work more optimistically and more successfully.

## 3 - Tips

1. 3 Gratitudes - Every day for 21 days in a row notice 3 things to be grateful for. It has been scientifically proven that after 21 days the brain is retrained to start scanning the world for positive things first.
2. Journaling - Writing about one positive experience you have had over the last 24 hours allows your brain to relive your positive experience strengthening your positive thinking neural pathways.
3. Exercise - Regular exercise teaches your brain that your behaviour matters and releases 'happy hormones' into your system.

## 2 - Articles

[Decluttering Mental Clutter | The Minimalists](#)

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[3 Ways to Declutter Your Mind | Psychology Today](#)

## 1 - Video



Remember the key is taking action

- Choose one tip or tool you think will work for you;
- Integrate it into your everyday life;
- Practice it regularly, make it a habit and it will work for you.

At Julia Coggins Coaching we believe all the answers are in the room, so email us your thoughts and ideas about resilience and our newsletter, or Yorkshire Puddings.

## Next Month: 3-2-1-Declutter You Part II - Your Physical Space

[Subscribe Now](#)

“Keeping baggage from the past will leave no room for happiness in the future.”

Wayne L. Misner



**MIND  
SPA**

RETREAT DAY FOR WOMEN

Recharge your batteries  
Reboot your brain  
Renew your outlook



## A Spa For Your Mind

Saturday 22nd October  
09.00 - 17.30 Toddington  
Park, Bedfordshire

Step into a day to reflect, replenish and plan what's next for you. Celebrate who you are, build your resilience to change and learn practical strategies to

uncover a more positive approach to life.

[Click here for more details](#)

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