

40PLUS LIFESTYLE

**YOUR
THOUGHTS
MATTER!**

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40PLUS LIFESTYLE EXPERT

Have you ever met someone you just clicked with immediately? You liked them, and you enjoyed being around them from the start. That's energy!

Where does energy come from?

Your energy comes from you! Your thoughts determine your energy. Don't believe me? Think about a time when you met someone new. Although it may have seemed like you would naturally click, you didn't. That's energy too!

Thoughts...

Even though others can't know your exact thoughts (thank God for that), they can usually tell what types of thoughts you are having.

Thoughts are incredibly powerful. They impact everything about us. Yes, everything! They define our attitude toward life and everything we do. This is both internal and external. There is no hiding from it!

You Have The Power

The thoughts you have depend on one thing...YOU!

Whether positive or negative, your thoughts are 100% controlled by your mind.

Positive thoughts are refreshing and energizing. They bring possibility, hope, and potential. The added benefit is, your attitude has a positive impact and is contagious to those around you. Take a minute to think about how having a positive attitude has impacted you.

Positive Power

Positive energy is magnetic and attracts people to you.

Studies have shown that radiating positive energy makes you healthier and attracts more friends, and also helps you navigate times of stress and uncertainty better.

A positive attitude begins with loving yourself. As I always like to say, talk to yourself like you would talk to your best friend. If you love the person that you are, others will feel this.

I don't want it to sound like life is all rainbows and unicorns; sometimes, we are faced with negative situations. In those times, even though it might feel like you don't have a choice, you can still choose to focus on the positive and good things in your life. You can always have hope. Negative situations are things you can overcome.

[The Gift]

We are always wondering what we can give to others. Sometimes, simply sharing your positive energy will impact someone far more than you can imagine. Take a moment to think of a way you can share your positive energy with others.

Having a positive attitude is a win-win for all. Studies show that being positive slows aging, increases health, helps you cope with stress, and improves your day-to-day interactions with others!

When in doubt, find the positive!

Be #Unapologetically40Plus

Jacqueline Jase

Guiding Women 40Plus passionate about looking & feeling their best so they can be excited to look in the mirror [instead of avoiding it!]

#Unapologetically40Plus



Let's Connect



@JacquelineJase