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Recalling Good Times In Challenging Moments

@MindBodyThought

Hi ,

Some days I have those moments where I face stress or challenges and I forget that there are good times. It is far too easy for the good times to hide in the closets of our minds.

I'm not suggesting that we only live on one side of the balance beam or that everything in life is fantastic. I believe this is an unrealistic view. There are good moments in life and there are challenging moments that drop us to the floor. Challenges often help us to grow and evolve.

However, if we only focus on the challenges or the stress, we're losing a part of life that can help rewire the brain and nervous system to a greater consciousness. I have often found there is a reason behind the challenges and stress even if I cannot see it in the moment.

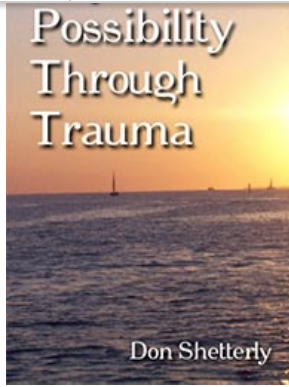
Let's try a quick little exercise. How would it feel if you took a moment to quiet yourself and recall a time when you felt really good? Maybe it was a recent event or a pet or someone that you dearly loved. Maybe it was a place you traveled to, and a picture might bring you back to that moment.

How does it feel to recall that moment?

Does it give your mind and body a possibility that's different from your current situation?

Let me know what you discovered.

Don



It is each waking moment, each step we take, and each thought we derive, that creates our day.

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