

YOUR P.I.V.I.D. RECIPE TO TURN A BAD DAY INTO A GREAT DAY



Wherever you are at right now...most likely not feeling like you want to go through it, I suggest build a muscle and do it....because that who you truly are at your core, so sit up as a champ grab a pen and paper, fill it out and post it so it's visible for you to use it when you need it.

P: PHYSIOLOGY — Oxygenating & music.

This is the number one way you can shift your emotions.

List ways that you will change your physiology.
(examples: running, rebounding, deep breathing, dancing).

List 5 of your favourite songs that always put you in a good mood

I: INCANTATIONS

These are positive affirmative statements that you say to yourself with emotional intensity. Remember in the past – those were used to turn prince into the frog and frog into the prince – so choose wisely what you say to yourself.

List at least one incantation you can say to yourself that would empower you and turn you into who do you need to become to resolve the situation.

Example:

All I need is within me now, I am empowered

V: VISUALIZATION

Flood your mind with future memories of the ideal outcome you want to experience.

PRO TIP: If you have a hard time visualizing the future, think of a few things you are grateful for in your life.

List 3 big audacious goals, dreams that once achieved you will be out of your mind celebrating them

I: IDENTITY

Create in your mind clear mental picture of the person you need to become to achieve the desired results. Think of how you need to show up in desired situations to have the strength, audacity, persistence, carrying, focus, caring whatever it takes.

D: DISCOVER YOUR BREAKTHROUGH

At this part of P.I.V.O.D.ing into a great day you want to ask for the solution to that exact thing that set you off. If you use P.I.V.O.D. tool daily just to generate ideas, you will notice these breakthroughs, flashes of ideas will be naturally flooding your mind.

Use the space below to capture intention, ideas, solutions that you are seeking to find an answer to. This is the creative part, don't overthink it.

(Examples: "Ideas for new business, how to forgive somebody, etc.")

OUTSTANDING!
WHAT YOU WANT TO DO NOW IS TO CELEBRATE!!!
THAT'S NON-NEGOTIABLE.

And why wouldn't you, you just received a magic wand of creating great days on moving forward basis. And the more you do it, the more you do it. If you don't have your happy dance move, celebration move just yet, now is a great time to come up with one. For me, I pat myself on the shoulder and I say "I frickn' rock!!!"

This is one of the secret tools that will help you start journey re-wiring your next level version of yourself. Stay in touch with me for more tools coming up.



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