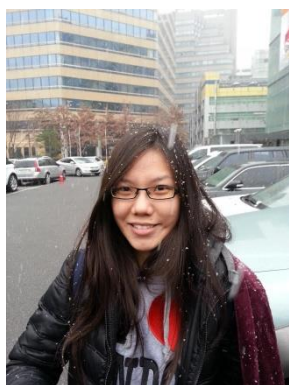


7 Empowering Habits for Positive Thinking

Teo Lingxin

www.MrsLXTeo.com

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7 EMPOWERING HABITS

FOR POSITIVE THINKING

By Teo Lingxin

www.MrsLXTeo.com

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What subscribers are saying about 7 EMPOWERING HABITS FOR POSITIVE THINKING:

"I felt that your book is a great reminder to me about pacing expectations in my life because I myself used to be caught in a trap of waiting for that one event to make me happy, when I could choose RIGHT NOW to be satisfied and experience joy for what I have. I used to be in periods of dissatisfaction for years but I have also come to realize that just like in the book, once you actually do acquire your desire the question that almost always arrives immediately is 'what next'?"

Another part which I also enjoyed was learning about taking care of yourself because there are so many things in life that can steal our time, leaving us worn out and feeling like a slave to the whole world. I definitely agree with the part which emphasizes on rejuvenating yourself so that you can be giving the best of yourself to other

Thanks for the read Lingxin. I hope that others who read this book will be inspired to make changes to the positive life they are all destined to live."

Tan Kian Han Sean

Read more testimonial [here](#) and/or leave your own!

Acknowledgement

To my mother, I am grateful for your unconditional care and love. I am grateful for you putting yourself through hell, just to provide the best for me.

To my brother, thank you for being with me during the hard times, so that I am not alone.

Special thanks to my mentor, Yee Shun-Jian, for inspiring me to write my own eBook and be a giver to spread positivity.

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Introduction

I came from a lower income family, with a younger brother. My father was working as a forklift driver and my mother was a housewife. His salary was barely enough to pay for his drinking, gambling and smoking addiction; she has to rent out the rooms in the house to support the family. Life was simple but I was satisfied. My world was just me and my family, I was focused on the things I have and felt grateful for these.

* Escalating conflict at home

However, [the situation at home changed for the worse](#) when I was 12. My father lost his job due to his fiery temperament and conflicts with co-workers. The unemployment would mean more time for him to drink and gamble, but at the same time, there was no income for him.

To sustain his lifestyle, he would take money from my mother or steal from home. It was impossible for her to have any extra money to give to him. There were more quarrels at home, and occasionally, the quarrel escalated to violence. To satisfy his need, my mother took up two other jobs to earn more income. This income went to my father. I wanted to grow up quickly so that I can provide for my mother and be strong enough to protect her.



✧ **Inferiority**

Amidst the drama at home, I managed to [do well academically](#) and went to one of the top ten schools in the country. My peers were all well-to-do. As I interacted with more people, I realised the things I was lacking at home and in life. I did not live in a nice house, I had to share the house with tenants, I was not rich, my parents did not drive a car, and I had to share a second-hand computer with my brother..... My focus shifted to things that I lacked, rather than my ability that got me into a good school. [It was extremely depressing and I felt inferior.](#)

✧ **Lowest point, turning point**

Just when we thought life could not get any worse, my father borrowed money from illegal money lenders. The illegal money lenders made threatening calls to the house, splashed red paint at our house and locked the gates of the house. For the first few times, he managed to squeeze money out from my poor mother to pay off his debt. The last [debt](#) he had, however, was too large an amount for my mother to cope. She was really disappointed in him and I encouraged her to file for a divorce in 2009.

✧ Expedition to eliminate negativities

That was the first step taken to cut the negativities from our lives. We were worried that my father may not take it well and continue to pester us after the divorce. [This journey was not easy, full of uncertainties, but necessary.](#)

Indeed, when my father received the lawyer's letter, he felt bitter and was reluctant to accept the divorce. He went mad and his actions became more incorrigible. He kicked and slammed the doors every night so that the family was unable to sleep; he brought newspaper into my mother's bedroom and set it on fire; he brought my mother to the highest level of the building and told her to jump off. It was a mental torture for everyone at home. For her safety, my mother moved to stay with my aunt.

✧ Positive outcome

Three years later, in 2012, the divorce proceeding was finally over. Things turned out to be better than expected. My father willingly moved out of the house. Since then, he has never returned or created any trouble for us. The divorce proceeding ended at a perfect timing and my mother was able to attend my graduation ceremony proudly.

Looking back, my past has made me what I am today. Being through these experiences, [I learnt to conquer my fears](#), take the first step to empower myself and [develop a positive attitude](#). I would like to use my story to give hope to people who are experiencing adversities in life and to share tips to make their journey more smooth-sailing.

*In the subsequent chapters, I will be sharing
the lessons I have learnt from my experience.*

*I may not have done everything below,
but I find the tips really useful to overcome adversities my life.*

Chapter 1 – Be Happy Now

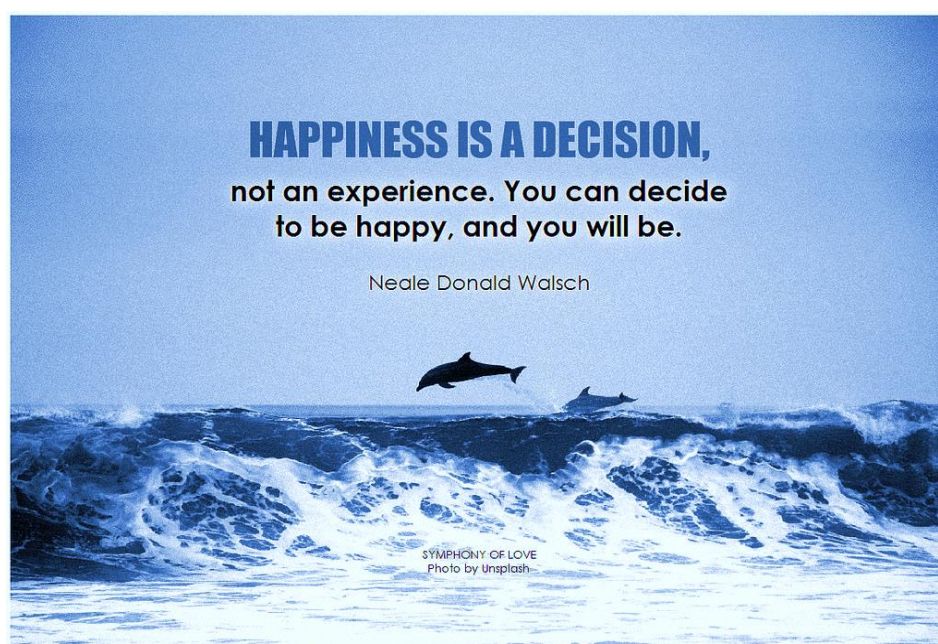
Are you still waiting for your circumstances to change before you'll allow yourself to be happy? Most of us have preconceived ideas of what would make us happy, and we refuse to be satisfied until those things happen.

The problem is that even once specific things happen in our lives, we're rarely satisfied with them! Instead, we shift our focus to something even bigger and better, believing "it" will make us happy (or happier).

When you are jobless, you think getting a job will make you happy. With a job, you think getting promoted will make you happy. With a promotion, you think having a car makes you happy... The chase for perceived happiness is never-ending. We never allow ourselves to reach a point of contentment. Have you done the same thing to yourself?

The good news is that:

***You have a choice to be happy NOW,
even if not everything in your life is perfect.***



✨ **Be grateful.**

[Gratitude is one of the most powerful states of mind that you can adopt.](#)

Not only does it make you feel good, it shifts your focus from what you don't have to what you DO have, and keeps it there! As you focus more on what you are grateful to have in your life (even the really small blessings!), you worry less about anything that may be lacking. The result? A more pervasive sense of happiness!

The Gratitude Exercise:

List 10 small blessings that you are grateful for in your life.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

(You may make copies of this and fill it up weekly.)

✦ **Take time to smell the roses.**

If you spend most of your days feeling rushed and scattered, it's hard to feel happy and content. In order to be truly happy, you need to make time for yourself to relax, dream, and take pleasure in life's simpler moments. Beginning today, make sure to spend time doing things you love on a regular basis. Read books that stimulate your imagination; [listen to great music](#); take long walks, and generally make an effort to enjoy your life as it is right now.

✦ **Love the journey.**

Many of us make the mistake of pinning all of our expectations on some vague, far-off result, like the completion of goals. We believe that once we "get there" everything will be perfect and we'll finally be happy. However, there is much to be gained from enjoying the journey to your destination! [Make it your mission to revel in every moment that you're working toward higher goals](#). Enjoy the sense of self-mastery and accomplishment you gain with every goal you achieve. Make it a worthwhile journey and you'll savor the end result that much more!

The most important thing to understand about happiness is that it is largely a CHOICE you make from moment to moment. Though certain serious situations make it difficult to feel happy at times, most often we allow the little things to bother us and block any happiness we would otherwise feel. Embrace happiness, and it will grow to monstrous proportions in your life!

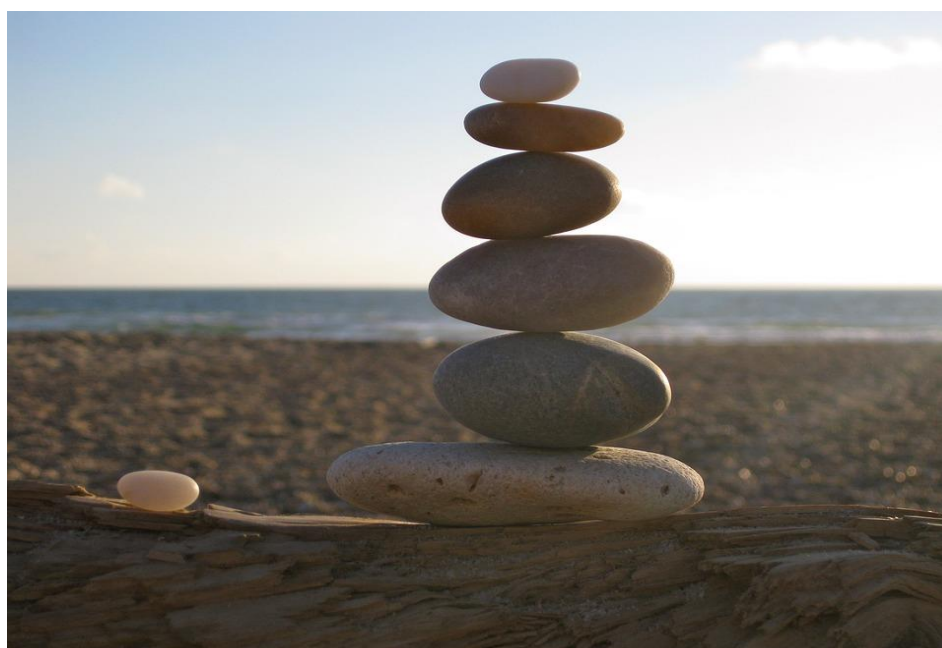
Chapter 2 – Balance Your Life

We live in a world that is becoming increasingly busier and fast-paced. There are multiple deadlines to meet and a long list of unfinished tasks at work. There are past due bills coming in the mail and a burst pipe at home. On top of that, family, friends, and bosses are asking you to do more. What can we do to gain back control of these chaotic situations?

When your life seems out of control and you've got endless demands tugging at you from all directions, it's easy to feel overwhelmed, fatigued - and just plain stressed!

Believe it or not, balancing your life does not require massive changes. You don't have to quit your job, abandon your family and escape to a remote retreat in order to feel peaceful and happy.

In fact, true balance starts WITHIN YOU first and foremost, no matter what else is happening in your outer life circumstances.



✧ **Quiet time**

One of the first things we tend to sacrifice when we're busy is our personal time. Instead we devote all of our energy and attention to caring for others, multi-tasking, meeting responsibilities and "being productive." Over time, this depletes our energy and we begin to feel more and more burdened by our responsibilities.

To live a more balanced life, quiet time to yourself is CRUCIAL. You may believe that you don't have any time available for yourself, but something amazing happens when you consistently MAKE time; you find yourself feeling happier and more energetic, your focus improves – and you still get plenty done! [Just a few minutes spent sitting quietly in meditation](#) or reading a book can do wonders in transforming stress into peace and happiness.

✧ **Self-care**

Beyond making time for things you enjoy, there are other ways to nurture and love yourself on a daily basis. [Getting a full 8 hours of sleep](#) (or as much as you personally need) is a great start, as well as [eating nutritious food](#), [exercising daily](#) and [speaking kindly to yourself](#).

Have you ever noticed that when you're really tired or stressed, even the smallest problem can seem like a nightmare? On the other hand, when you're feeling well-rested, you're much better able to handle upsets. Caring for yourself is one sure way to consistently replenish your energy, inner peace and joy – which means you'll have the strength to handle whatever comes your way.

✧ Flexibility

Did you know that one of the biggest causes of stress is rigid expectations? We all do it from time to time; get a mental picture of how our lives "should be" – and get really annoyed when our outer circumstances don't cooperate! One of the biggest gifts you can give yourself is a flexible state of mind. In other words, learn how to detach from unrealistic expectations and go with the flow.

When you have a flexible mind-set, you're able to deal with crises and problems much more easily because you're not working against a preconceived notion of how things "should be". You're able to [tap into your creative problem-solving skills](#) and move through challenges without all the drama and frustration. Be like the tree that bends with the breeze - and you're much less likely to break!

These inner changes can make a dramatic difference in your state of well-being, but you may also want to examine your outer life circumstances and see if there are other small changes you can make to help support your inner work.

For example, you might choose to let go of certain obligations that are no longer meaningful or enjoyable to you. Just because you agreed to host weekly meetings for a support group three years ago doesn't mean you have to keep doing it forever – especially if it's become a drain on your time and energy!

***Be willing to let go of activities
that no longer complement the lifestyle you desire,
and you'll create a space for greater fulfillment, joy and peace.***

Chapter 3 – Learn to Love Yourself

It is easy to feel unloved by people around you. However, the reason why people do not love you is really simple – **you do not love yourself, how do you expect others to love you?**

Loving yourself can be difficult when you have limiting and derogatory messages playing in your subconscious mind. Most of these messages could be recorded since eons ago. “I am not good enough...” “I am not smart enough...” Sound familiar?

When someone told you that you were no good, you believed them. When someone told you that you’d never amount to anything, you believed them. When someone told you that you were stupid or learning disabled or weird, you believed them. And you still believe them to this day – even if you’re not consciously aware of these underlying beliefs.

These are their opinions.

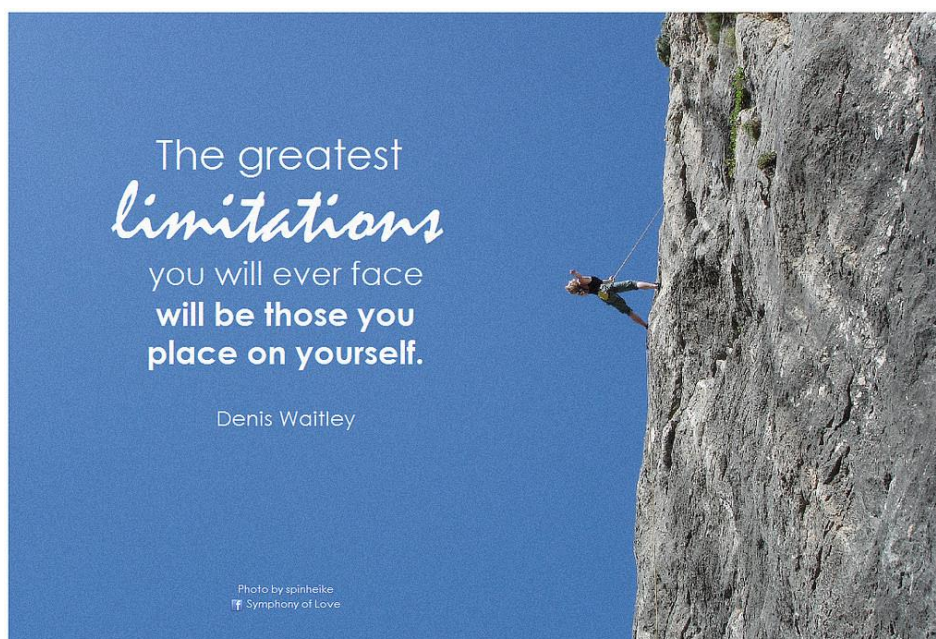
Why do we believe their opinions?

Is it possible to overcome old messages and replace them with new, empowering messages? **Yes!**

✦ **Explore your existing beliefs.**

You may suspect you have old, limiting messages rattling around in your head but still be unsure about what they are exactly. In order to discover the beliefs that are holding you back, you may need to go on an expedition. Give yourself prompts like these: “My earliest memory of feeling stupid was...” “My mother always made me feel...” “My father always treated me like...”

The idea is to think back to an earlier time in your life and see if you can discover when and where your limiting beliefs got started. Then, [challenge those beliefs](#). Are they still true? Were they ever true? Decide what you WANT to be true, and begin to replace the old belief by focusing more on your new and improved beliefs.



✧ **Emphasize your good qualities!**

When you have [low self-esteem](#), you tend to keep focusing on the things that are “wrong with you,” and dismissing the things that you have going for you. When you are putting yourself down, continue the sentence with “but”.

You may feel inadequate for being bad at numbers and think “I cannot even do simple calculations...” Do not stop here! “I cannot even do simple calculations... **BUT I am good at...**”

Start to turn this around by praising and encouraging yourself in your self-talk. When you accomplish something, congratulate yourself! Say things like, “Wow, I’m really proud of myself for doing that. It wasn’t easy, but I pushed through the rough spots and gave it my best shot.”

✧ **Romance yourself.**

And one of the best ways to learn to love yourself is to enter into a romantic relationship – with yourself! Do things that make you feel happy – hug yourself, sweet-talk yourself, buy yourself nice things, [write yourself a note of affirmation](#) (*More tips on affirmation coming up!*).

On the emotional level, spend quality time with yourself, be patient with yourself, forgive yourself. Do these simply because you deserve it.

Chapter 4 – Boosting Self-Esteem with Affirmations

At the heart of your self-esteem are your core beliefs about the kind of person you are. The beliefs you have about yourself often appear to be statements of fact, although actually they're really only opinions. They are based on the experiences you've had in life, and the messages that these experiences have given you about the kind of person you are. If your experiences have been negative, your beliefs about yourself are likely to be negative too.

When you consider that [low self-esteem](#) is usually the result of negative messages being absorbed by the subconscious, it makes sense that [feeding your mind more positive messages](#) can make a powerful difference!

What stops most people is the uncertainty of what to say, and how to word affirmations for optimal effectiveness. Below you'll find some simple tips to help you write effective affirmations for improving your self-esteem.



✧ **Present tense**

First, it's helpful to word affirmations in present tense, not future. You wouldn't want to say, "I will learn to love myself" because that makes it sound like you'll get around to it "someday". Instead, you could say, "I choose to love myself." The wording of that affirmation does two things: it empowers you with the addition of the words "choose to," and it puts the timeframe in the present moment.

✧ **Believable**

At the same time, your affirmations should be believable to you. If you tried to say, "I am a wonderful person that will bring world peace", you may not really believe that, so your subconscious mind might reject it. Instead, try to focus on a process rather than an end result in your affirmations. Say something like, "I have embraced my uniqueness and share it confidently with others."

✧ **Use the right tone**

When you recite affirmations, you can do so aloud or just mentally, but you should focus heavily on the TONE you use. Rather than saying the words without emotion like you were reading a newspaper – really inject an element of love and tenderness into them. Your subconscious mind picks up on the emotional aspect of what you're saying more than the actual words. Imagine the difference between saying the words, "I really love myself" with a tone of love and compassion, or sarcasm. Which do you think would have a greater impact on your subconscious mind?

✧ **Repetition**

Once you've got some affirmations formed to work on your self-esteem, try saying them several times a day. Remember, your subconscious mind is constantly playing back old, negative messages – so you want to counteract those as much as possible. Keep reciting your more positive thoughts on a regular basis – especially when you become aware that you're thinking negatively about yourself.

✧ **Give it time**

Finally, remember that it will take time to change those old, negative messages in your mind to something more positive. It may take a few weeks or even months before you'll notice an obvious difference in how you feel, and you may be tempted to think it isn't working. Keep with it, and you will begin to see a difference eventually! Most likely it will be a gradual change. Little by little you'll start feeling more positive, and notice that you're feeling a bit happier and lighter. That's your signal that it's working!

Chapter 5 – Conquer Your Fears

Have you ever felt overwhelmed by fear - so much so that it prevented you from doing something you wanted to do? Believe it or not, this is a common problem faced by many people daily.

Fear has the power to hold you back from taking risks, following your dreams, or becoming successful at anything you attempt to do. If you allow it to control you for long enough, it can eventually erode your quality of life and keep you locked in a prison of inactivity.

What many people fail to realize is that fear is nothing more than a conditioned response. It's a natural reaction to a frightening or unfamiliar situation. While it is usually automatic, there are things you can do to [overcome it](#).



✦ **Check your expectations.**

One major contributor of fear is the prevalence of negative expectations. Do you usually find yourself expecting the worst in every situation? Do you worry obsessively about what could go wrong, rather than focusing on your strengths and capabilities?

If you make a conscious effort to expect the best, see the positive side of each situation and keep reminding yourself that you can handle more than you often think, you'll find yourself with much less fear to deal with. Even if feelings of fear do manage to creep into your consciousness, you'll still be able to keep them in perspective and balance them against an underlying sense of confidence.

✧ **Discredit your fears.**

Experts will tell you that the majority of things you fear will never come to pass anyway. While this may be true, it sure doesn't feel that way when fear has a chokehold on you! However, if you look a little more closely at your fears when they arise, you may be able to dismiss at least a few.

For example, if you have a [fear of public speaking](#) and your boss wants you to give a presentation at work, you might feel like your life and livelihood is on the line. You may fear getting fired, or worry that your colleagues will lose respect for you if you don't do a good job.

But is any of this likely to happen? In most cases, no. Rather than worrying about what "might" happen if you don't give a solid presentation, you might brainstorm ways to help improve your performance, such as being well prepared, practicing your delivery on friends and family members, writing notes to yourself and so on.

✧ **Do the very thing you fear!**

When you remember that fear is simply a feeling, it loses much of its power. It can't harm you and except in truly threatening situations you can choose to ignore it and move forward anyway.

If you weigh the pros and cons in any situation, you may decide that the possibility of negative consequences is minimal so there's nothing to stop you from ignoring your fear and going for it! This will be determined by you on a case by case basis, of course. The point isn't to become reckless with your decision-making but rather to empower yourself to know when a fear is groundless and easily overcome.

Chapter 6 – Empowerment in Action

If you've ever been stuck in a rut of inertia before, you probably know the sense of helpless futility that takes over your life. You want your life to change, but you feel powerless to do anything about it yourself. You may find yourself constantly making plans to improve your life, but never quite getting around to taking action because it seems so intimidating.

***Though taking action can intimidate and frighten you,
it can also empower you!***

If you learn to use it effectively, it can provide the fuel to keep you moving forward toward more fulfilling life circumstances. When you do this, you realize that there was never anything to fear in the first place, and you'll never get stuck again!



✦ **One simple action**

First, be sure you understand that your life is the way it is right now because of your hesitation in taking action! This is important, because you'll understand the importance of moving forward no matter how anxious it makes you feel at first.

Then, [decide on one action to take to get the ball rolling](#). Think about your life right now, and ask yourself which situations you want to change first. You might choose your career, relationships, health, financial situation, or anything else that makes you feel powerless and stuck. Then think about one simple action you can take to inspire some positive change. It doesn't have to be a huge action, just SOMETHING to [start building momentum](#).

✦ **Push yourself**

Once you've decided on your action step, you'll have to push yourself to take it no matter what! This may seem incredibly difficult or even scary, but remember that most often the things you fear are not going to happen. In fact, you may not even have a clear reason for feeling scared – you're just afraid of the “unknown”. Give yourself a pep talk or push yourself in any way you have to in order to move forward at least a little bit. After you take that first step, be sure to let go of any expectations of the things that will happen because of it, and allow yourself to feel great simply because you did something about it!

✦ **Build momentum**

Repeat with the same step, and/or others. Once you've taken one step forward, you'll need to keep pushing yourself to take others. Consider this: Even if you take a hundred small steps in a month, you'll be putting forth positive effort to make changes in your life, which cannot help but bring about better circumstances!

The good news is that taking action quickly begins to build momentum. Just as chronic non-action can create a cycle of negativity and stagnation over time, being proactive can create a positive cycle that continues to grow! It gets easier the more you do it, which eventually makes it seem almost effortless – and you continue to empower and strengthen yourself with every step you take.

When it comes right down to it, no one can achieve your goals for you. If you want to achieve them, you'll have to find the determination necessary to keep going. [Inactivity and procrastination are usually nothing more than bad habits.](#) Turning those habits into something more positive and productive is as simple as taking it a day at a time and working your hardest to change your life. The more committed and determined you are to making your goal happen, the more likely you'll do just that.

Chapter 7 – Failure Doesn't Exist

Have you ever held back on doing something because you were afraid of failure? Most people have! Let's face it; no one likes to fail. None of us likes to feel like we're ineffective, weak or lacking in any way, and that's exactly how failure makes us feel.

However, you may be surprised to know that failure doesn't exist – until YOU say it does. In the dictionary, failure has several definitions:

1. a failing to do or perform
2. a state of inability to perform a normal function adequately
3. a fracturing or giving way under stress
4. a lack of success.

Look carefully at those definitions and you'll probably realize they have one thing in common when it comes to goal achievement: failure is a PERCEPTION.

If you believe you have failed, then you have. If you believe you don't have the ability to succeed, then you don't. If you believe you can't handle the pressure of achieving your goals, you can't. If you believe you're not successful, you aren't. Failure only exists in your own mind! The moment you decide to give up or stop working toward your goals, failure is born.

But what if you never do that? What if you continue working toward your goals, one step at a time for as long as it takes? There's no failure then, is there? This insight should be very encouraging if you've been working toward goals and not yet seeing positive results.

Simply keep going and you cannot fail!

✦ **Never give yourself an out.**

Most people do this without even realizing it. They are willing to work hard on achieving their goals, until the going gets too rough or their motivation dwindles. Don't do that! [Commit to making your goals happen](#), no matter what! Never quit, never contemplate admitting failure, and never lose your inner determination.

✦ **Focus on making progress.**

Don't get hooked on a specific timeframe for completion. It's okay to set a general timeline, but be aware that some circumstances will be beyond your control, so you can't say for sure when your goal will be achieved. If you do that, you're just setting yourself up for failure! Instead, get a general idea of when you'd like your goal to be completed, but then take it a day at a time and focus on making progress, not reaching the finish line in as little time as possible.

✦ **Obstacle is not failure.**

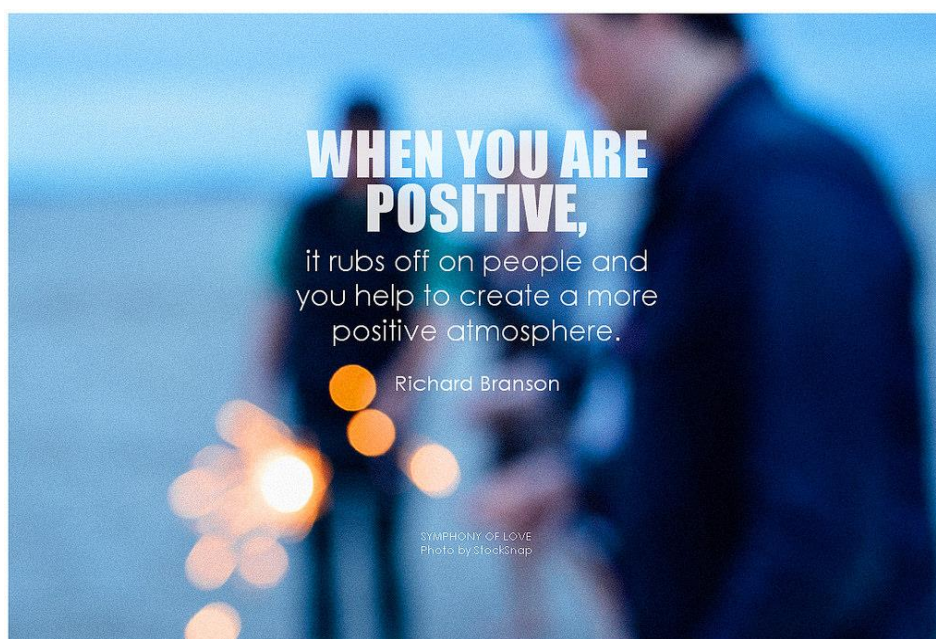
Finally, be sure that you don't view obstacles and setbacks as failures. The two are completely different. An obstacle, setback or delay means only one thing: it's not time for your goal to be completed yet. That's it! It doesn't mean you failed; it doesn't mean you're weak; it doesn't mean you'll never achieve your goals. It simply means you're not done yet. You've got to keep moving forward and find a way around or through the obstacle.

BONUS Chapter – Develop a Positive Attitude

When it comes to your quality of life, attitude is everything! In fact, it could even be said that whatever you focus on the most, you tend to bring into your life, whether by choice or circumstance. Have you ever known someone who had a terrible attitude? Perhaps they were extremely negative and pessimistic and not much fun to be around; or they complained non-stop about how terrible their life was. Did you find it draining to be in their presence?

Unfortunately, negative thoughts tend to breed and multiply on their own – even when you're not consciously trying to think negatively. A negative attitude will not only make you miserable, but everyone around you too!

A positive attitude, on the other hand, turns you into a person that everyone wants to be with; a person that constantly experiences great things, and a person who loves their life! The good news is that turning a negative outlook into a positive one just takes a bit of patience and persistence until the positive thoughts begin to take over.



✧ **Develop self-awareness**

One problem with negative thoughts is that they often form below your conscious level of awareness, and you get so used to them being in your head that you hardly notice anymore. To turn the tide of negativity, you'll have to develop a stronger level of self-awareness. One good way to start is by performing self-checks several times a day. Pay attention first to how you feel. If you're feeling positive and productive, most likely you've been thinking positive thoughts. However, if you notice that you're feeling irritable, pessimistic or stressed, you're probably focusing more on negative thoughts.

✧ **Expect the best, always.**

It's easy to get into the habit of seeing doom and gloom in every situation, but doing so keeps you forever focused on the negative. Instead, [make a conscious decision to expect the best](#), even if your first impulse is to think negatively. Believe it or not, it's fairly easy to challenge and change negative thoughts with a little willpower and concentration. [Affirm as often as you can](#), "This is going to work out great! Wonderful things are going to happen today!" The more you do it the more you'll begin to think and feel positive, and the more you'll begin to experience just that.

✧ **Build yourself up**

Think and speak positively to and about yourself every day. Most of us are in the habit of talking down to ourselves, which leaves us feeling hopeless, frustrated and pessimistic. Get into the habit of building yourself up with positive self-talk and positive thoughts. [Affirm your good qualities](#) and downplay your negative qualities. Affirm that you are a work in progress; not perfect but great nonetheless!

✧ **Build others up**

As often as you can, make an effort to encourage, support and compliment the people you encounter each day. That goes for people you know as well as strangers you meet in your daily travels. The more you focus on emphasizing the positive in others the more likeable you're going to be, and the better you're going to feel about yourself too!

✨ Think strength

The more you worry about your weaknesses and “failures”, the more pessimistic and negative you’re going to feel. Instead, [consistently affirm your strengths, talents and capabilities](#). You’ll end up feeling empowered and in control of your circumstances, which cannot help but improve your attitude!

Perception is 99% of the game!

When you encounter obstacles or problems, see them as opportunities to learn, grow and strengthen yourself. If you simply work on shifting the way you look at the experiences of your life, you can easily conquer your negative thoughts.

The more you focus on changing your perspective to emphasize the positive, you’ll empower yourself to create better circumstances in your life. Before you know it, you’ll be enjoying better and more frequent opportunities and attracting other likeminded, successful people to connect with. This is pretty much similar to the [law of attraction](#).



Conclusion

Dear reader,

Thank you for taking time to read my eBook.

Did you enjoy **7 EMPOWERING HABITS FOR POSITIVE THINKING**? I am sure you did because I have given my best with no reservation. There is bound to have some takeaways that can add value to your life. You are probably wondering...

“Where do I go from here?”

Well, **7 EMPOWERING HABITS FOR POSITIVE THINKING** is just the beginning of manifesting positivity.

In the following pages, you'll find resources that are more focused on the specific areas you might want to work on. Feel free to check them out and get them if you need help on that specific area of your life.

With this, I will leave you with love to explore the wonderful resource page. <3

Cheers to endless happiness,

Teo Lingxin

Founder

[http:// MrsLXTeo.com](http://MrsLXTeo.com)

Resources

* Resources for positivity

1. [Panic Away](#) – Do you suffer from anxiety or panic attacks while shopping, driving or at work? Panic Away teaches you to trick your anxious mind to move out of the way so your body and mind can begin to relax again.

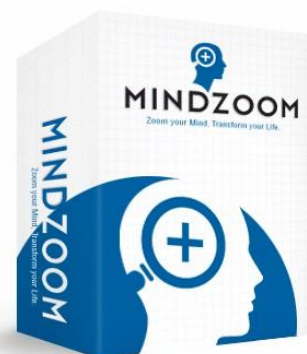
<http://mrslxteo.com/PanicAway>



2. [MindZoom](#) – The key to increase your mental power, abilities and health is a step away...

Discover the revolutionary software that reprograms your mind and body automatically, placing thousands of positive affirmations directly in your brain.

<http://mrslxteo.com/MindZoom>



3. **[Quantum Confidence With The Morry Method](#)** – This is specifically designed to remove the root cause of your life problems and frustrations by restoring an adequate self-image and supreme self confidence in you. It employs a combination of advanced cutting-edge brain technology based on latest scientific research.

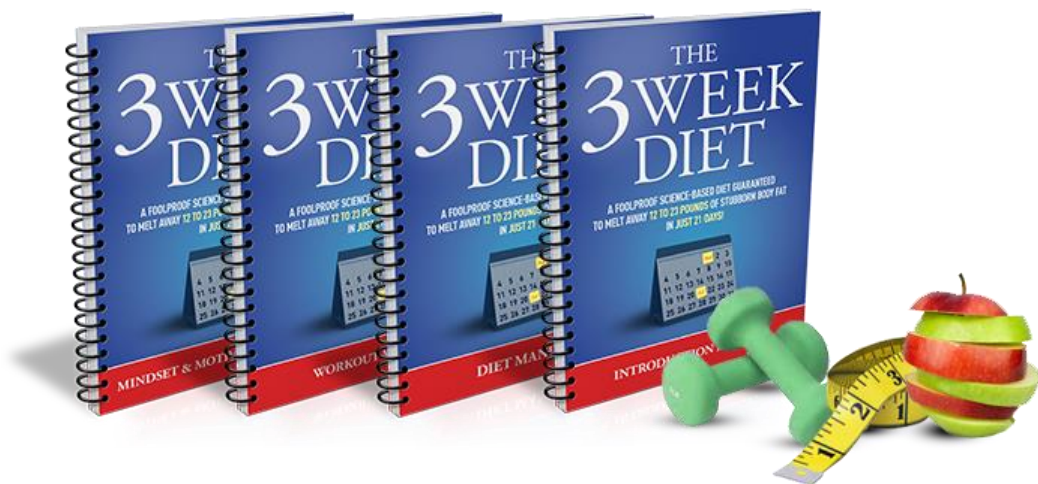
<http://mrslxteo.com/QuantumConfidence>



✦ **Resources for healthy body image**

4. [The 3 Week Diet](#) – A revolutionary new diet system that not only guarantees to help you lose weight, it promises to help you lose more weight – all body fat – faster than anything else you’ve ever tried.

<http://mrslxteo.com/3WeekDiet>



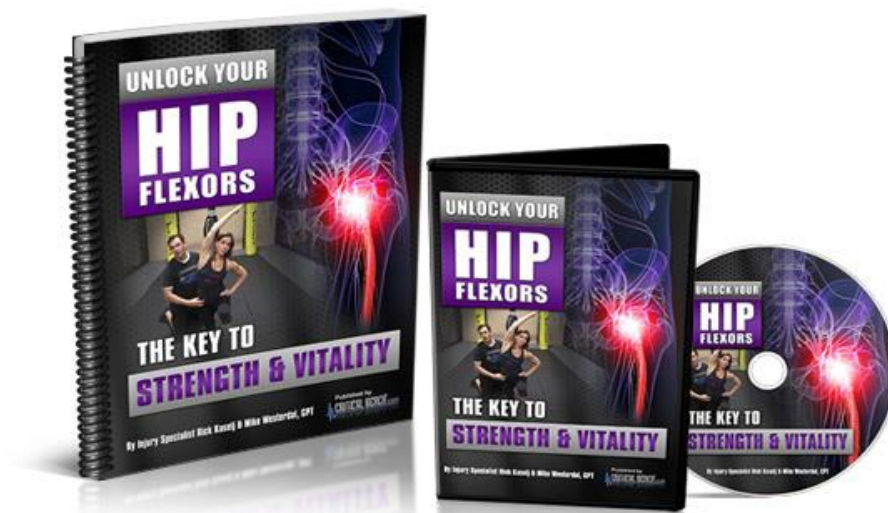
5. [Lean Belly Breakthrough](#) – It removes pounds of dangerous belly fat and reduces harmful plaque from your arteries, increases sex drive and youthful hormonal balance while reducing your risk from type 2 diabetes and high blood pressure, faster than ever believed possible.

<http://mrslxteo.com/LeanBellyBreakthrough>



6. **Unlock Your Hip Flexors** – This gives you a practical, easy-to-follow program you can use today for instantly releasing your hip flexors for more strength, better health and all day energy.

<http://mrslxteo.com/UnlockYourHipFlexors>



✧ **Resources for social success, relationship and confidence**

7. **[What Men Secretly Want](#)** –

This program has helped thousands of women improve their relationships. It is a comprehensive relationship and dating guide for women that reveals the power of the “Respect Principle” and how to use it to become truly irresistible to a man.



<http://mrslxteo.com/WhatMenSecretlyWant>

8. **[Get Your Ex Back](#)** – Click here for expert dating and relationships advice for men and women.

<http://mrslxteo.com/GetYourExBack>

9. **[Save The Marriage](#)** – Couple after couple have proven that it is possible to change a relationship and rescue, just about, any marriage from the edge of destruction. These couples have not just avoided divorce. They have transformed the marriages into something wonderful... something better than they had dreamed possible!

<http://mrslxteo.com/SaveTheMarriage>

10. **50 Secrets of Blissful Relationships** – Would you like to never have another fight? Would you like to always look forward to being together? Would you want a relationship that felt like you were on a honeymoon that never ended? It is truly possible.

<http://mrslxteo.com/BlissfulRelationship>

