

101 NEGATIVITY KILLER

Learn To
Stay Positive
& Achieve
Your Goals

Loki Ong



NegativityKiller.com

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About the author

Hi, my name is Ong Jin Lee, the founder of personal development website NegativityKiller.com and creator of *101: NEGATIVITY KILLER* eBook. You may call me Jin Lee or Loki, if it is easier for you to remember and address.

First of all, I'd like to congratulate you for downloading this eBook. You now have before you an awesome, wonderful resource for personal development. Use it well and transform your life, when you take action and allow it to happen, with the right mindset.

Probably you may be wondering "Is this really so powerful to the extent that it will affect my life?"

So let me share with you a personal story.

My Stories

I used to be working in a MNC company. To everyone else, I used to be a college graduate, working in a respectable multinational corporation and earning a fairly decent salary.

However what everyone did not know was that my working hours starts from 8 in the morning to 8+ in the evening. There were lots of stress and office politics. Soon I found myself dreading to go to work. I lost the fire, the passion and worst of all, the sight of my dream.

On Sep 2012 was the lowest point of my life. I was being retrenched after I was hospitalized for some virus infection followed by an appendix surgery. I was hospitalized for about two months. My family was there to take care of me the entire time. It was at this moment that I realize that I have actually been neglecting those around me.

I decided that things have to change, so I decided to try internet marketing. I spent at least a 5 figure on useless products which is nearly all my savings. I must admit I became rather stressed out and almost gave up...

It was at this point of time that I came across and watched this movie called learned about the principles of the [Law of Attraction](#). Basically, the simplest way to explain [Law of Attraction](#) is that everything we attract into our lives is due to our thoughts and that “Like attracts Like”. What this means is that if we keep thinking a certain thought we manifest what we think about into reality.

Think positive and you will get positive result. “Positive attracts positive” and true enough shortly after I met my mentor on [internet marketing](#) and actually beginning to get result.

Now, you must be thinking, “How can I change to attract all the positive result?” Do not worry as I will be here to guide you. In fact it is my vision to reach out and touch the lives of everybody. Hopefully what I have learnt would be beneficial to everybody.

101 Ways to Eliminate Negativity

Introduction

Most psychological problems can be attributed to negative thinking. When someone is stressed, it isn't always as a result of something that happened to them. In most cases, humans generate their own stress through negative and pessimistic thinking. There are often times when small stresses are allowed to transform into major ones because of negativity. Negative thoughts may be triggered by almost any type of situation and are usually involved in causing anxiety, depression, anger, and even relationship problems. The ability of an individual to perceive a situation as stressful or merely as a surmountable challenge will depend on just how they size it up in terms of their own ability to overcome and deal with it.

Coping with Negative Thinking

Negative thoughts are sometimes clear and obvious. However, at other times, they may be somewhat ambiguous and hidden, even as they are causing distressing emotions. If someone has a difficult test pending or is soon to board a plane and yet they have a phobia for flying, they may inevitably end up experiencing undue anxiety where they perceive clear, negative thoughts that they are likely to fail and get kicked out of school or that they will be the victim of a plane crash. If they end up being depressed, their negative thoughts may have to do more with their own perceptions that they are bad and worthless. On the other hand, a pupil may be only remotely aware of their worry about not doing well because he or she has an overachieving older sibling. The pupil may perceive that out-doing, or at least matching their sibling's performance in the same exam may be an exercise in futility. This thought may not be as apparent as one would expect. Oftentimes, the first step in effectively dealing with pessimism and negativity is just to become aware of exactly what it is that is going through the victims mind.

When negative thoughts arise during stressful circumstances, anxious or depressing feelings will likely result from the specific incident initially. However, once such strong feelings like anger, anxiety, and depression have occurred, negative thoughts may then arise spontaneously centering on wide range of issues that are completely unrelated to whatever triggered the event. At that juncture, the negative thoughts may appear to take on a life of their own, taking little or no effort for them to occur. They seem to

pop up almost automatically. An apt description for these automatic negative thoughts is that they throng your brain like ants at a picnic. A single ant sting may not be so bad, but the combined effect of multiple stings may be too painful to bear. In a similar manner, any one negative thought may be tolerable, but many negative thoughts combined can be very distressing and unbearable.

Addressing your concerns

There is no need to suffer any more from the effects of negative thoughts which can lead to stress overload and result in various health problems. There are countless practical ways in which you can avoid, reduce, or alleviate negativity and prevent stress. While they might not all work for you, the 101 ways to eliminate negativity that are detailed below, will nonetheless prevent any distorted automatic negative thoughts from swarming your mind to wreak psychological havoc.

16 ays to eliminate negativity by positively supporting yourself

1. Dissect what exactly is triggering your negativity and depression: This should be the first step on your road to recovery. After a thorough analysis, you are likely to conclude that a major contributing factor to your negative thoughts is your own inner voice. You must strive to change this somehow by finding ways to reorient all your thoughts to be more positive. By trying several different things like reading books, seeking professional help, talking to friends and family, taking vitamins, or exercising, you will eventually find what works for you.
2. Adopt a more Aggressive Approach: Whenever you feel yourself slipping deeper into the onset of a funky mood, jot down the all the reasons why it is better not to feel that way. You will be surprised by how easily this method works. Who knew that expressing your thoughts on paper can have the effect of helping you avoid falling into a funk.
3. Time to do Yoga or [Meditation](#): Attending a yoga class will teach you how to take your focus away from your negative thoughts by bringing your attention to your breathing instead. Yoga and meditation are also quite relaxing which helps to ease your mind. They will both help you stay present to all your experiences instead of jumping to conclusions about what could happen in future.
4. Smile More Often: You can practice by bringing yourself in front of a mirror and forcing yourself to smile. A pleasant smile or grin really does a lot in helping to change your mood and alleviate stress. It is also the best way to spread your good mood to others and you will feel lighter as well since it takes fewer muscles to smile than to frown.
5. Surround Yourself with Positive and Enthusiastic People: Whenever you get stuck in a negative spiral, you should have people to talk to who can put everything into perspective rather than feed your negative thinking. Try calling that reliable friend you have on your speed-dial because you know he or she is always available to give you constructive, yet compassionate feedback.
6. Shift the Tone and Framing of Your Thoughts from negative to

positive: When you find yourself in a difficult situation, for example, rather than think, “It is going to be very hard to adjust to our current financial circumstances,” try thinking, “We will encounter a few challenges in our current financial situation, but, as always, we will be able to come up with workable solutions that all will be happy with.”

7. Avoid Playing the Victim: Only you can control and determine what your life will be, so take responsibility and stop thinking and acting as if you're stuck. Even if your current health, financial, or living situation becomes difficult and unbearable, try to remember that there is always a way out. You will always have the ability and choice to make change happen, if necessary.

8. Try Helping Others: Doing something nice for another person is an excellent way to shift focus away from you and your negative thoughts. Volunteering at your local soup kitchen or donating to the Salvation Army will take your [mind](#) off of things and leave you feeling better. It will also remind you that no matter how bad things are, there are many people in worse situations.

9. Remind yourself that Nobody's Perfect and Allow Yourself to Forge Ahead: Although dwelling on our past mistakes is easy, it is a huge waste of time. Feeling terrible when you act in an unbecoming manner is normal but you shouldn't focus too much on the negativity that may result. The best and only thing you can do is to learn from your errors and move forward.

10. Try Humming, Singing, or Whistling: Singing, humming, or whistling the tune to your favorite music will always leave you feeling better every time. This is always the case even if don't remember the lyrics very well or don't particularly enjoy music. These three activities provide an avenue to show your feelings and give you amazing stress relief.

11. Schedule a Regular Time to List the Things You are Grateful For at the Moment: Showing gratitude allows you to be fully aware and appreciative of everything you already have. Your list may include things like your health, pets, recent holiday to an exotic destination, enrolling in a new yoga class, your relative finding salvation, and just about anything else that you consider to be relevant.

12. **Read Motivational and Positive Material:** For constant inspiration and reminders to stay positive, try sticking Post-It notes inscribed with encouraging quotations on your mirror, fridge door, or computer. Practice reciting them whenever you happen to be working in that particular area.

13. **Always Fight Your Fears:** The fear of fear or failure will keep feeding on itself. You must make plans to survive this temporary discomfort, and you'll find that you can not only overcome it, but also end up feeling more comfortable with yourself.

14. **Maintain Perspective:** Avoid constantly focusing all your attention on your fears. Instead, try asking others questions about their own fears. You will be amazed to find that most people are more than happy to talk about themselves as a way of allaying their own fears.

15. **Watch the Worry:** When you constantly fret about aimlessly about things that are beyond your control, you are more than likely to end up acting inept. You will have made this inevitable by convincing yourself any shortcomings will mark you for life. This cascading worry should be corrected at any point in its cycle.

16. **Give up Predicting the Future:** Anticipating that your world will crash down around you if you err is precipitating an imaginary crisis. However, there is nothing fake about the anxiety that will always follow such false predictions. By avoiding anticipatory anxiety, you can change this negative thinking.

10 Ways to eliminate negativity by having positive support from your Spouse or Partner

17. Gain Comfort in Making Every Decision with your Spouse or Partner: This rule is equally applicable to those that [fear](#) making decisions, as well as to the authoritarians amongst us who like to believe that their word is final. By allowing others to decide everything for you, you will probably not always like the results because you have given up your power and ownership. Sharing in all the burdens of making your household and any other important decisions is therefore an ideal way to eliminate negativity in any marriage or relationship. If this doesn't apply in yours, things may eventually build-up and get to a point where you'll be forced to step up and air your concerns to your spouse or your partner. Although it is sometimes okay to just sit back and agree with your partner's decision, in particular circumstances, you may sometimes be forced to take action and mention what you want to ensure it is also included. Otherwise, you will end up being in a one sided relationship.

18. Always be true to yourself and your spouse: You can only be truthful with others if you're first true to yourself. Make an effort to completely evaluate your marriage to ascertain if it has suffered from the negative consequences of common relationship issues like being too involved in your career, not spending sufficient time with your family, friends, or partner, and not having any hobbies or interests in common. It is only through the truthful reflection on the exact path you wish your relationship to follow that you'll acquire the extra motivation and focus needed to mold it into whatever you desire. Having an honest discussion with your spouse or partner regarding all you hope to accomplish will allow you to renew your commitment to jointly pursue every dream and goal.

19. Never allow [fear](#) or grudges to define your marriage or relationship: Allowing fear to control you can prevent you from exploring new frontiers in life. Simply let go of all your disabling worries and negativity, and you will be pleasantly surprised to realize new and exciting experiences that you can both learn and get untold enjoyment from. Trying different things together for the first time will be a huge boost in enlivening your marriage.

20. Avoid being resentful: Resentment can hinder you from fully enjoying a positive relationship or marriage. You should never delude yourself by assuming that the strong negative feelings you have towards your spouse will in any way protect you. Harboring these negative feelings will only serve to gradually weigh you down and eventually ruin your relationship. After all, no resentment you have has ever really been centered on whatever your partner did or did not do. In most cases, resentment is more about your ego and how exactly you feel about your spouse or partner at that specific moment. Therefore, rather than constantly dwell on what's the past, just let the negativity go and forge ahead towards a more positive future with the one you love.

21. Be ambitious: Whenever you desire anything, pursue it with all you have. Good fortunes and riches will not materialize from thin air simply because you're married or in a relationship. In all truth, marriage or commitment shouldn't mean that you and your partner should just sit on the sidelines and wait for a miracle to happen. Determining your passions and pursuing all your ambitious dreams intensely will allow you to fully embrace the novelties of your marriage or relationship..

22. Commit yourself completely by always giving 100%: You must never despair if you're experiencing negativity in your relationship or marriage. Establish the reasons stopping you from enjoying marital bliss and dedicate every resource you have to eliminate these obstacles. By re-committing yourself to your wedding vows, you will be able to completely transform it into something stronger than it was previously.

23. Envision all the Goals You Want to attain as a Couple: Whatever your mind can be able to conceive or believe it can achieve. If you want to be successful, you must first actually visualize being victorious right from the onset of the relationship. Visualization can be of great help by putting you in a very relaxed state of mind. Your mental focus should thus be concentrated on how best to attain the great life you are already anticipating instead of worrying about trivial issues. Visualize only positive outcomes by mentally picturing yourself in the hose of your dreams. To set-off on the right note, always begin by visualizing the end goal.

24. Always be a cordial: This habit should be nurtured above all others. Try being sincere, polite, sincere, and suave at all times. Unfortunately, while chivalry may not yet completely be dead, it may have been place on life support nowadays. However, you must always try to be cordial at all times, despite those who have forgotten how to pull out chairs, hold doors open, lug heavy suitcases, or watch their language when in a marriage or relationship. By always being firm and considerate while carrying yourself in a mature and calm manner, you will be able to easily handle diverse situations in your love life with humility and class. Your partner will never be disappointed.

25. Recover and Move on from any Rejections: Even the most experienced Casanova has at one time or another been rejected. The secret to handling such rebuffs positively is to just accept and move on as quickly as possible. Wallowing in the sadness of what might have been will only lead to negativity and despair. You cannot afford to always dwell on your past by being angry or crass or angry about your brush-off, no matter how recently it happened. Just take a polite leave and live to fight another day. Try considering that you were probably very fortunate not to have ended up with the rejecter. By remembering that every rejection brings you a step closer to finding “The One”, you will be able to keep your eyes on the ultimate prize instead of focusing on the negative obstacles filling your path.

26. Have focused conversations and always try to remember important details: Remembering important milestones and information is the key to creating and maintaining rapport with anyone you’re having a relationship with. After starting a relationship with your partner, he or she will be more likely to focus their full attention on you if you ask pressing questions about them. Soliciting relationship advice or asking for his or her opinion on particular subjects is a good way to indicate your complete interest. Build on the knowledge you gain and refer to it when possible. Never forget their birthdays or anniversaries. Memorization is a good indicator of interest and charm, both of which are crucial to successful relationships.

13 Ways to eliminate negativity while socializing

27. **Mind Your Language:** Hyperbolic notions that you will surely disgrace yourself forever if you make a social misstep are self-defeating. By allowing yourself to make the occasional minor misstep, you will be proving to yourself that it's not the end of the world as you know it.

28. **Beware of Your Definitions:** Defining a personal encounter or social event as a possible staging ground for looking and acting like a fool will more than likely translate to you feeling and behaving exactly the way that you think.

29. **Accept Feeling Awkward:** It is okay to feel awkward sometimes and this acceptance will lessen your fear. Rather than become burdened by this self-handicapping feelings, where you always give yourself excuses to avoid socializing by assuming you will miserably fail, you should instead imagine yourself communicating cordially.

30. **Temper Your Timidity:** In order to defeat all your needless inhibitions, try imagining yourself as a decisive and effective general cooperating in a battlefield with other decisive and effective generals and working towards a common good. Let that be your guiding image in all your work activities and remember that it is always better to mingle softly, than to not mingle at all.

31. **Immerse yourself into the Fold:** Instead of quietly waiting to be rescued, push yourself into participating more in your work activities. Try keeping it light because not everything you contribute has to be brilliant. You could start by making small talk about common things around you such as the weather.

32. **Avoid Ambivalent Thoughts:** Having internal conflicts where you debate yourself on things like whether or not you should say something, are excellent formulas for letting conversations float past you. Strive to more confidently by avoiding the temptation to second-guess what you are about to say. Speak up, even when in doubt.

33. **Use Your Bashfulness as a Positive Signal and Weapon:** View others as your potential friends instead of trying to be aloof. You

could always start by saying a simple, “Hello”, if your mind goes blank. No matter how weary you are, never take a backseat. Just introduce yourself and see what will develop.

34. Control your Modesty: Make it a habit to occasionally note and share any positive attributes that characterize you and you will find yourself blushing less often. If you are naturally shy, you should accept it since it is impossible to completely get rid of our natural tendencies. Your shyness or modesty can nonetheless be managed effectively. Don't expect immediate acceptance or jubilation. When you are shy, it probably takes you sometime to warm up to new situations.

35. Avoid being Bold or Aggressive: Even when you're in a foul mood or having negative thoughts, try communicating in a low-key, non-assertive, manner. Downplay listening to your heartbeat by shifting focus from how tense you feel to what you can do. Participating in other thoughts or activities will allow your heart rate to take care of itself.

36. Retreat From any Rejections: The fear of being rejected is normally a fictional concern. If your work ideas are justifiably rejected by someone, you can always still accept that there are parts of that idea that will remain valid despite the rejection.

37. Avoid Blaming your Genes or Anatomy: Although studies have correlated shyness and social anxiety with the sensitive amygdala region of our brains, we should nevertheless not take this as license to allow ourselves to be overcome by stress and negativity. There are numerous ways one can buffer himself or herself from being hindered needlessly by such afflictions. The same applies to for those who use their genetic pre-disposition as a fallback.

38. Watch your Body Language: Always hold your head up when talking to others. Habitually gazing downward makes you look insecure. To signal confidence, you should instead glance around without staring and nod your head to signal approval. Try smiling as well, by thinking of something pleasant and letting your smile extend from that thought.

39. Base your Decisions Only on Facts: Avoid reading too much into facial expressions. Making baseless assumptions about the motivation and meaning behind the facial expressions of others' can be quite risky. Try shifting from self-absorbing negative thoughts to objectively observing everything that's going on. Only then should you respond to the objective reality.

12 Ways to eliminate negativity at work

40. Obtain a written copy of your entire job description from your employer. Analyze it thoroughly and make any changes you deem necessary in holding up your part of the agreement. Try and get your boss to regularly update and evaluate your performance as stipulated in the job description. You will have a more pleasant time at work.

41. Take pride in the work you do: Always remember that you only get one chance to impress. Strive to ever be responsible for every detail in your work, no matter how menial. Aim to do your very best with each opportunity that will present itself.

42. Stick only to your job: Never get tricked into permanently assuming somebody else's job duties. Avoid playing office politics by always being open and above reproach in all your work relationships. To honor your integrity, you should never participate in, encourage, or propagate office gossip since it will only ruin your credibility and that of others.

43. Ask questions: Do this whenever you are unsure or completely ignorant about a particular issue. Whenever you have a concern or problem, get in touch with the person that can resolve that specific issue and ask away. Give your own contributions to become an occasional solution provider rather than just a fulltime problem discoverer.

44. Leave your work at work: After leaving your office to go home, just go home! Your work should be viewed as an integral part of your life, but never allow it to take over your whole life. When you put yourself, your family, and career in full perspective, you will inevitably realize what your biggest priority is and learn to nourish it.

45. Don't Fear your Work Evaluations: Being afraid that you'll be negatively evaluated and embarrassed, is an alterable cause behind most work-related social anxieties and fears. Instead, ditch all your false expectations and try looking forward to the constructive criticism you might get. You should not think that you need to be the company's rising star, if that is not really your style.

46. Don't Dominate Discussions: You will be pleasantly surprised by how easily showing a little interest and sharing a few thoughts will make others become more open and accommodating with you. You might even establish strong and long-lasting connections with people that matter. Don't hold back by waiting to say only perfect things. A majority of conversations are usually filled with mistaken impressions and contestable opinions.

47. Tame your Self-consciousness: This is very easy to pull off once you realize that you are probably more aware and concerned about your present state of mind than anyone else at work is. By separating your shyness from context, you will be able to recognize how ridiculous it is when you act socially fearful in some situations but not in others. A low self-image is probably what makes you behave differently in your work circles.

48. Avoid Making Conditions for Socializing: Taking time to get comfortable and acclimatize before venturing out has rarely ever worked well. It is actually a form of procrastinating. You should instead seek to flip things around by betting with yourself that you will get an imaginary prize if you participate in a proportion of the social conversations taking place around you while you are at work. You will surely be able to pull it off.

49. Apply your Strongest Social Skills: After first making a detailed list of what exactly they are, make every effort to use at least one whenever you are present in a social gathering. Get rid of the shame and recognize that you are definitely not worthless for just being yourself. In all truth, you just think you are someone that you're not.

50. Have Role Models and Mentors: They will be a positive influence in your quest to eliminate negativity and become more successful. Find out how they got to where they are today. By learning more about how they established their careers, dealt with life's challenges, and maintained their sanity throughout it all will be of great assistance in your own personal endeavors.

51. Take career tests to enable advancement: For those that are unsettled in their careers, a career test helps to determine your strengths and establishes your aptitude for promotion and further

possibilities. In case you are unsettled in your current job, this test will help you determine how and where you can begin the process of moving on.

29 Ways to eliminate negativity in your personal health

52. Counter Feelings of Irrational Guilt: It is futile to condemn yourself for mistakes that only you perceive. Challenge your inferiority complex by focusing on your strengths instead of concentrating on your shortcomings. Find a matching positive attribute to counter every perceived fault.

53. Stop being Coy: Avoid deflecting attention from yourself because such evasiveness will only serve to attract negative scrutiny instead. You are better off speaking up, as this will become easier with more practice.

54. Always think ahead: By always planning to live through and learn from every social tension you encounter, you will gradually have fewer negative experiences to survive.

55. Resist the Temptation of Resorting to Drugs or Alcohol: Drug and alcohol-dulled senses are a fertile breeding ground for even more negative thoughts and can result in you experiencing a lot more problems.

56. Realize that you can't always win them all: Nobody should be a universal people pleaser. Rather than attempt to mold the whole world in your own image, focus your efforts on remaking yourself instead. Just like everyone else on the planet, you too will never be perfect.

57. Develop a thirst for Knowledge and Information: This is the key to empowering yourself because if you do not remain current and updated on relevant events happening around you, you will never know the trend or right direction to take. While you do not necessarily have to know everything, knowing what matters would matter a lot.

58. Prepare yourself mentally for positive changes: Take some time to visualize your ideal self. Start by thinking of people you admire the most and try to envision yourself becoming just as successful in the future. After visualizing who you want to be, actualizing that vision should be relatively easy.

59. Save money by cutting back on vices: Alcohol, [cigarettes](#), and other vices can be formidable crutches that cloud your judgment. You will be amazed by the huge financial savings you make by avoiding or cutting back on this type of purchase. That money can instead be put to something more rewarding like a family vacation.

60. Remove negative influences from your life: This includes people, jobs, or activities you don't want to participate in. If you happen to have friends or workmates who are constantly holding you back or bringing you down, you should avoid hanging out with them out of mere obligation. The sooner you cut your ties and losses, the better off you will be.

61. Begin each day with a clear list of things to do: By knowing beforehand everything you need to do in the day ahead, you will be able to stay on track and avoid disruptions that could precipitate negative feelings.

62. Get rid of Clutter: Recycle any old newspapers, receipts, junk mail, and records that may be filling up the drawers in your house. Rid yourself of all this clutter by investing in a paper shredder. You will be maintaining your privacy and making some extra money as well.

63. Become More Organized: Instituting a well-organized filing system for your personal records will help you avoid future frustrations. You do not require a personal secretary to invest in labeled folders or a simple filing cabinet. You will be thankful for making the decision when you are searching for a specific document or item at a later date.

64. Get Help: If there deeper issues that need to be uncovered and discussed, you should obtain the services of a professional counselor or psychiatrist. A surprisingly large number of people are burdened by emotional baggage and dead weight from their past. This holds them back without them even realizing it. With professional assistance, you can deal with it once and for all and move on.

65. **Eat Healthy:** A healthy diet will have a tremendous impact on your entire mood and overall energy levels. Develop a clear diet plan that emphasizes on whole grains, fresh fruits, and vegetables. You may even add vitamin supplements to boost your immunity and brain functioning while helping to reduce the possibility diseases like cancer and osteoporosis.

66. **Exercise More:** Create a clear exercise plan filled with activities that you enjoy such as jogging, weight training, biking, or even dancing. Yoga is an excellent choice in healing the mind, body, and spirit, but anything will count, so long as it's active.

67. **Perform regular mental exercises:** This can include crossword puzzles, chess, Sudoku, jigsaw puzzles, or any other challenging games along those lines. These activities have been shown to help improve anyone's overall mental capabilities and should therefore be viewed as more than just a good way to pass time.

68. **Practice meditation or breathing exercises:** Stress brought on by negative thoughts can have an overarching effect on your overall productivity levels. When you are stressed, you may inadvertently forget to breathe at times. You must take the time to breathe deeply and improve the flow of oxygen to your brain.

69. **Have some alone time each day:** Spending some time alone quietly will create order and give your mind a chance to renew itself. This would be the perfect time to take stock of everything you need to accomplish and plan on how you will forge ahead with this information.

70. **Act and speak honestly:** You should be able to stand by whatever you say and do. If you are known for not sticking to your promises, it may be appropriate to re-examine how you frame your own words and try articulating your thoughts in a more open and honest manner. This will help to eliminate any confrontations or regrets in the future.

71. **Realize that sometimes the unexpected can be a good thing:** Try to remember that not getting something you want can at times be an amazing stroke of luck. Such failures should therefore make you more determined as they can lead to the opening of even bigger

doors and greater opportunities.

72. Unexpected challenges should make you stronger: Just like the old adage says, “If it doesn’t kill you, it makes you stronger.” Rather than avoid challenges, you should face them head on.

73. Learn from every past mistake: We all make mistakes and these can add up to a lot of regrets in one’s lifetime. Mistakes can however be beneficial in the long run. That is, so long as we do not repeat them too many times, and provided we learn from them.

74. Set appointments to do things you’ve been putting off: While it may be easy to postpone going to your dentist or physician, prevention is extremely important and is always better than cure. Maintaining your overall health levels will be cheaper and less painful than actually falling ill.

75. Deal with all problems immediately and directly: Avoid putting off difficult conversations but also try to be non-confrontational when having them. This will result in reduced anxiety and negativity among all who are involved.

76. Start spending more time outdoors: Becoming one with nature has the proven ability to soothe your troubled mind and rid it of any negative thoughts. Enjoying a brisk stroll in the woods or being able to climb a mountain without too much trouble will give you an added sense of pride and accomplishment.

77. Go back to School: Keeping your mind active will help you prevent negative thoughts from forming while also benefitting other aspects of your daily life. Attend lectures on topics you’re interested in, be they science, religion, or anything else. Doing so will always be helpful in staying updated about all that’s happening in the world and in planning accordingly.

78. Reconnect with “long-lost” friends and relatives: Calling those you miss but have been putting off contacting might liven up your moods. Having Skype and the Internet at your convenient disposal means that reconnecting is just an online chat away.

79. Keeps a calendar detailing all your commitments: This calendar will serve as a visual cue to constantly remind you whenever you happen to glance towards it. The reminder should be quite helpful in avoiding the frustrations of missing important commitments and appointments.

80. Keep your priorities straight: It is important to always know and do whatever makes you happy. Whenever you lose touch with your own priorities, you should make arrangements to spare sometime to carefully analyze everything that actually contributes to your happiness. Then you must immediately start working towards actualizing those priorities.

21 Ways to eliminate negativity miscellaneously

81. Take some time to relax and stretch your muscles: Getting the occasional massage, for example, is not only relaxing and revitalizing but will also improve your blood circulation and muscle tone. This energy boost can then be applied to improving other areas of your life that could benefit from renewed vigor and positivity.

82. Prioritize laughter: Whenever you are having negative thoughts, try hanging out with your most entertaining buddies to guarantee a good laugh. Watching re-runs of your favorite comedies is another alternative in case your friends are not available. Laughing has been shown to make us live longer and it counts as an exercise too, because you burn calories while doing it.

83. Set some time daily to do nothing in particular: This is a novel idea that keeps your mind at ease. It is important to have these moments to yourself, just as we had “free time” as part of our scheduled school activities every day. You can use this time to read, write, or just stare into space if that’s what you wish.

84. Avoid living in the past: Make an effort to always live in the present and learn from the past. By realizing that the past is gone forever, you will be able to move on and enjoy every single moment as it happens. When you learn from your past mistakes and move on with living in the present, everything will get back to order and you will experience less negativity.

85. Take up a hobby: A simple hobby can take your mind off of negative thoughts by focusing it on more creative and beneficial endeavors. Joining a hobbyist club will enable you to learn more about activities you have always been interested in, e.g., building model airplanes. Plus, you can never know where such a hobby will lead you in life. Try getting more rest and relaxation as well. Taking more naps is highly recommended. The ability of sleep to our moods and energy, while keeping our reaction times ever sharp, is sadly often underrated. Try scheduling afternoon siestas whenever you can find the time.

86. Take renewed interest in your neighborhood and communal

activities: By visiting your area's museum or art gallery, you will not only be getting the opportunity to introduce yourself to the local intellectuals, but you will also be stimulating your own thinking process. Your mind will therefore not have the time or space to dwell on negativity.

87. Schedule a Holiday: Taking a much-needed vacation alone or with your family can provide you with enough rest and relaxation to eliminate any negativity you may be harboring. You should plan to have your getaway at least once every year because you work hard enough to deserve it.

88. Learn new entertainment tips: To entertain successfully, you do not necessarily need to be Martha Stewart. Throwing a memorable dinner party or learning the requisite skills to be an excellent host or hostess takes a minimal amount of effort. You will also be glad for the big boost this will give to your confidence levels.

89. Replace any outdated or obsolete stuff you may have: De-cluttering your home will also help to unclog and refresh your mind. Cleaning your house from the bottom up should be targeted at not only getting rid of the aforementioned documents and receipts, but also any old junk and equipment that you could sell at a garage sale or donate to your charity of choice.

90. Schedule your regular grocery shopping for the day you have lots of free time: This will help you avoid aggravating inconveniences or forgetting important items due to being in a hurry. Always have a pre-set budget and shopping list and make sure you strictly adhere to both. Getting only what you need will save you lots of time and money.

91. Try getting your own book published: With the advent of the Internet, this has never been easier. Internet publishing will allow you get your marketable ideas out there and begin making huge profits from them. Publishing your own eBook can be the beginning of a more positive and fruitful life that you could never have imagined.

92. Create and stick to a reading list: You could easily pull this off by joining a book club, either locally, or online. A lot of individuals are

ever declaring that they would like to start enjoying all the advantages that accrue from reading more. However, without an actual plan, they may never get around to making the time to undertake this. Joining a book club will serve as a social activity and also keep your mind away from any negativity.

93. Have a wardrobe makeover: Wearing clothes that do not fit can leave you feeling tense, uncomfortable, and easily-aggravated. Throw out any ill-fitting or dull old clothing and avoid squeezing into outdated attire that does you no favors. Wearing clothes that are well tailored to fit your exact measurements will boost your confidence and leave you looking and feeling your best.

94. Try waking up earlier each day: Mishaps that occur in the morning are less likely to annoy you than those that happen later in the day when you are more tired and restless. This will also allow you to have ample time to plan and conduct scheduled activities in an unrushed manner.

95. Prepare everything you need on the previous day: This includes everything from the clothes and shoes you plan to wear, to the components of all your meals for that day. Everything should be put out and ready for your use on the night before, more so if you have an important meeting or appointment scheduled. You will be happy to avoid the stress and negativity that comes with doing everything in a rush.

96. Always budget for possible emergencies: You never know when you or a loved one may require a prolonged stay in the hospital. Events may suddenly leave you in need of emergency vehicle or home repairs and it can be very frustrating if you haven't set aside any money to cater to such possibilities.

97. Exercise more: Exercising triggers the release of happiness-inducing endorphins by your brain and is thus an ideal way to eliminate negativity and stress. You should also drink not less than 6 cups of water daily, since staying hydrated is vital in keeping you constantly energized and flushes toxins away.

98. Make physical contact: Touching, holding hands, hugging,

stroking your pet, and any other form of non-sexual physical contact with those you are close to, can be very self-assuring and comforting. You should do this in times when you are feeling especially low and negative. You could always try brushing your hair if no one is available.

99. Value every emotion: Let yourself perceive all your feelings, both positive and negative and try to fully express them very appropriately whenever they occur. Express all your anger clearly and directly because holding it back will only prolong your distress and negativity. When asked about it, be honest with yourself and others.

100. Trust yourself always: Be more considerate about your own values, needs, and choices. Remember that change is a constant component of our lives and it is always up to you to make changes whenever you feel it's appropriate. It is okay to cry sometimes as that is nature's way of releasing stress and toxins from your body, as well as her avenue for expressing joy.

101. Follow your intuition always: Take note of the fact that any stress or negativity you may be feeling at the moment is only temporary. Never lose hope, even when you can't recall the last time you had a break. At least once daily, try doing one activity you really enjoy and one thing that you don't particularly enjoy but know you must do.

Conclusion

Thankfully everyone has the innate ability to effectively implement various strategies that will keep the negativity and emotional downers at bay and prevent them from completely ruining your high spirits and good moods. The way to eliminate negativity and the accompanying stress is not to avoid them. Confront these feelings head on under the guidance of the 101 ways to eliminate negativity highlighted above and you will not only overcome, but also be fully braced to handle any future challenges. These proven methods will return your life to normalcy and bring you back to the present, which is the only moment that matters. There is nothing wrong with having a little chaos or negativity in your life. How you deal and learn from it is what is important. Always remember that you cannot be able to control everyone and everything- that is life's reality so just learn to live with it. You simply just cannot change the way everything happens. You can however alter how you react to them. So why should you even be bothered with things that are far beyond your control? Just go with the flow and quit dwelling on the negativity that's part of life. It will all just be a wasted effort that can ruin your health and harm your spirit. To quote Albert Einstein, "there are 3 essential rules of work: getting out of clutter to find simplicity, finding harmony from discord, and always remembering that opportunities lie in the middle of difficulties."

Resources

I hope you enjoyed reading 101 Negativity Killer. 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 if you need specific help in your life.

Join us at our Facebook community at

<http://www.negativitykiller.com/forum/facebook>

Resources for clam mind.

Amazing benefit of mediation

<http://www.negativitykiller.com/forum/Meditation>

Stop panic attack

<http://www.negativitykiller.com/forum/panicattack>

Placing **Positive** affirmation directly into your mind

<http://www.negativitykiller.com/forum/mindzoom>

Resources for socializing

Eliminate Shyness and social anxiety

<http://www.negativitykiller.com/forum/socializing>

Resources for socializing

Eliminate Shyness and social anxiety

<http://www.negativitykiller.com/forum/socializing>

Resources for health

Quit smoking

<http://www.negativitykiller.com/forum/quitsmoking>

Resources for law of attraction

Law of attraction

<http://www.negativitykiller.com/forum/lawofattraction>