

5 ways you can improve your disposition

I've decided to have a better disposition, now what?! Here are 5 ways you can improve your disposition.

Once you decide to do something, there are always steps to take, and things you can do to ensure your success. Having a better disposition is no different. If you truly desire to improve your disposition so that you can lead a more contented and successful life, here are 5 ways you can accomplish this goal.

1. Have a routine... Some people love to have a routine, while others cringe at the thought of keeping a tight schedule. During times of great stress, however, maintaining structure and routine can help you feel more organized and in control of your life. Even if you don't typically thrive on a strict schedule, implementing a better routine when you're under high stress will improve your productivity, focus, and help you feel more organized. All these positive feelings will ultimately have an impact on your disposition.

2. Limit time on news, social media, and internet surfing... Of course, you don't have to if you don't want to, but there are many compelling reasons why limiting your time on social media and limiting the time you spend watching the news will improve your mood and attitude. As human beings, we're not wired to handle so much information at once. We are designed to take things in small doses, as to contemplate it and chew on it for a while, so to speak. Too much, too often, is not a good thing. Some of the benefits we found from limiting time spent in the news and on social media are, greater self-awareness, an increase in time and productivity, better ability to focus, improved self-esteem and perspective, and last but certainly not least, reclaiming your sense of self. Even if you know you

will never give up surfing Facebook all together, or turning off the TV, at the very least consider how much you are using it.

3. Self-care...Have you ever heard the phrase, “you cannot pour from an empty cup”? Or, what about the flight attendant reminding you to give yourself oxygen first. Remember, you can’t help anyone if you don’t help yourself first. Self-care is so important. If you’re already giving from an empty cup, you’re less likely to handle any added stress that comes your way. When you’re at your best, you become more resilient and able to manage stress better. Self-care can improve your physical health, boost your emotional health, and help you nurture others. Creating a self-care routine is like building a muscle. It takes consistent energy and time, but it is worth it!

4. Be mindful of influencers...How smart you are, how talented you are, where you were born, the family life you grew up in, these may all play some role as to how successful you will be in life, but in the comparison to the impact of surrounding yourself with people who can lift you up, it doesn’t compare. The company you keep influences the way you think and behave. Jim Rohn says, “You are the average of the 5 people you spend the most time with.” Take a moment to reflect on who your influencers are. Do they elevate you or bring you down? Are they go-getters with qualities you admire or people who just sit around and criticize? Do they motivate or drain you? The best thing about being around people who are positive, who have a habit of chasing their dreams, and believe in taking responsibility for their lives, is that you will be inclined to grow in a positive way as well.

5. Focus on the good...Whatever you focus your mind on expands. When you focus on lack, you operate from a position of loss and discontent, and experience more lack. When you focus on

abundance and good things, you will have more of that. The best way to become even more successful is to feel grateful for what you already have, and the success you have already attained. If you find yourself complaining about what you still need, remember what you have. Studies show if you have an attitude of gratitude, it improves your happiness by 25% or more. There has never been a better time than now to work on focusing on the good. There is more than enough negativity in the world to go around. Be the change you want to see.

Deciding to have a happier disposition will unchain you from toxic emotions that are causing you anguish and holding you back from achieving your goals and dreams. Practice incorporating these 5 ways to improve your disposition and watch the positive things that begin to happen for you!

This article was written by Kim Martin, Founder of I've Decided, INC

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