

About the Positivity Planner

When faced with struggles it is easy to let negative thoughts and self-talk take over.

The Positivity Planner is designed to give you actionable steps, which ensure you are keeping your mindset "in check, enabling you to effectively navigate situations you are facing in the most effective manner. This planner and the activities it focuses on allow you to give your mindset the attention it deserves.

I am a firm believer in the power of our words. Our words shape our thoughts, and our thoughts shape reality. It is my belief that people are what they think they are. They achieve what they think they can achieve.

I have always considered myself a positive person. However, I recently recognized that while, I'm a very positive person towards others and experiences in my life, I am sometimes negative in my own self talk.

I believe in lifestyle changes. I use the New Year, as a marker to evaluate where I am in my life, where I want to be, and what is an obstacle to my getting there. The New Year is the perfect time for this. It allows you to "let go" (for example, of the strategies that did not work in parenting your children) and hold on to the strategies that worked. The New Year allows you to look ahead with great anticipation and excitement toward all the possibilities that are awaiting you and your family.

For 2017, I have decided to make having a positive mindset more of a conscious priority. By that I mean, I am paying close attention to my word choice. Not only as it relates to others, and life experiences but as it relates to the things I tell myself about myself.

The most successful people plan ahead and don't wait until the last minute to get things done. So I began to think there's got to be a way that you can plan to be positive. This is how, my positivity planner was born!

While, this planner is designed and intended to be used by anyone who wants to think more positively and make his/her emotional well-being a priority, it was germinated from my work and personal experience. I not only help families navigate the daily trials of living with a child who has developmental, learning, and/or emotional disabilities feel empowered and ready to embrace life, but I too negotiate these struggles on a daily basis in my own life.

Make your emotional well-being a priority, beginning TODAY!

Let positivity prevail,
Sharon