



Your Positive Future
Your Starting Point

Janice Davies
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By Janice Davies

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Who is Janice Davies - Intuitive Success Coach and Attitude Specialist

Janice – works with motivating and inspiring people's thinking and attitude to springboard them to success. She's an expert, she says, because she had to do it for herself. She thought happiness, fulfilment and success would just happen. She didn't realise that she had to create it. She learned the hard way by changing her self-belief. She has gone from being a person with low self-esteem to someone with high self-esteem, believing that the world is her oyster!

Her greatest journey, after many stumbles along the way, was discovering her real self, re-aligning her dreams, creating them and then crossing them off her 'wish' list as they were achieved.

Janice is a practical, heart-centred, intuitive, easy to understand coach with 25+ years personal development.

She is a teacher, trainer, speaker, author, script writer, executive producer, business owner, and success coach. A big thinker with her own projects she focuses on creative solutions while embracing a success attitude mind set. Janice works from the inside out embracing the spiritual aspect of mind, body, heart and soul.



MY LOGO



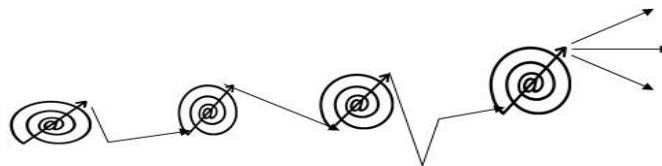
My Logo is based on the @ sign you see on any keyboard. I see a similarity between that and life.

You can stay AT one place in your life, never learning new skills and going around and around in one place, repeating the same mistakes, 'stuck' in a rut OR you learn new skills and then move forwards and upwards in your life.

When you learn one skill, you integrate that skill into your daily life.
You remain at that point in your life, for as long as you choose.

You either get stuck again, zig zag or progress up or down in life, or you learn another new skill.
By learning the next skill needed for your success, you master another challenge and move onwards and upwards in your life again.

With each challenge you overcome, you achieve success and gain momentum in your quest to be 'who' you want to be as **the master of your life!**



Congratulations

You've received this ebook because you want some more tips and ideas about how to create a more positive life for yourself...so let's get started.

If you want more success than you have right now, then you need to learn, how to enjoy your life with yourself more. I know it sounds 'easier said than done',

It feels a bit like 'mission impossible' at times to create more success for yourself. You may wonder just how to change your life and create your daydreams into the life you live - but let me assure you it isn't. Just decide to start!

You are with yourself from the moment you are born until the moment you 'snuff it'. Other people come in and out of your life for long and short moments of time, but, it's YOU, you have to spend all your life with.

You might see people who look happy and you wonder why they seem to have sorted out life whereas you have moments of despair.

However, every situation, circumstance or person is affecting you either: good, bad or indifferent.

First let's look at: What's your Life about?

The **good things are fine**, you feel happy about them and you enjoy life and learn how to achieve the success you want in life.

The **bad things are lousy** and you feel angry, sad or negative feelings about them.

The **indifferent things** are when you're in situations that **you don't feel good** about, but not sure how to change it. Maybe you are too afraid to change something, therefore you just continue living in the 'indifferent' mode in your life.



If you want more money winning millions of dollars in Lotto is unlikely, however learning how to change your thinking then actions will produce a better financial result for you. It could include managing your money better and reducing expenses. (deciding whether you need those expensive phone bills, shoes, food, outings etc.) or whether you feel better having cheaper versions and more money in your bank. It might be a better job, asking for a raise, working longer hours, learning about investments, starting a business, but all possible if the result you want to achieve is – more money!

If you want more happiness, it's easier, because as you embark on your life journey to create it. You can learn to change your thinking, then your actions and you will have a happier life. Initially, it might only be a short time each day, but as you grow and develop yourself, that 'happier' time increases each day. Being happy becomes your goal and you learn how to create that for yourself.

There are six different areas I focus on for myself and when I'm teaching people about assessing themselves and then setting goals. Any one of these areas you might be unhappy about or maybe it's two or three areas of your life or it might be right across your life you need to focus on. Wherever you are is okay...you need a starting point!

These are:

You – learning about yourself, your likes, dislikes, strengths, weakness, passions, dreams, challenges, beliefs,

Self-doubts, confidence, skills, natural abilities...and there's more.

Health – your body's ability to function to its best capacity. The area of health covers a huge array of areas like: fitness, food tolerances, weight, chiropractic, ability to handle stress, minerals, vitamins, relaxation and more.

Relationships – We're born into relationships with family, albeit they may still be in our lives or not. Every relationship has the potential to teach you something that makes you feel great or not. Besides family, there's friends, workmates, colleagues, strangers, partners, lovers and probably some more.

Work – Earning money to live is a necessity of life. Working in a job you love is the ultimate and for most people this is possible but if not, then how can you change your concept to appreciate it.

Spirituality – You've heard the saying "Mind, Body and Soul". Our soul is our internal part of us (some might like to call it our spirit) that is pulling, shoving, calling us forward to be better than we are. When you're doing things you like that make you happy, so your soul or spirit is happy. When you're unhappy, negative and lost, your soul or spirit is urging you to 'do something else'. That's when you are unhappy. You're being urged to take action so you will learn how to be happier and how to enjoy the desires, dreams and successes you crave and deserve.

That's the purpose of personal development. You're learning about yourself so you can be happy and create your dreams and desires. Other people in your life may try to deter you...but that's where confidence and determination and focus and trust and faith all merge together so you can live your best life. Relationships are a given in life, your job is to learn how to create ones that are happy for both parties versus one person happy and the other not.

How I started...

At a parenting course we were learning about self-esteem for our children and had to do a quiz...I rated myself minus 20 and a light bulb went off, I was unhappy (but pretending to be happy) because one person was happy in my relationship and it was not me.

Once I realised my dilemma, I have spent every day working on making myself feel good and boosting my self esteem and confidence

I had a happy face and a sad soul and so now I knew my problem I could find solutions for myself

Eventually I discovered this low self-esteem had occurred after a school bullying incident eighteen years earlier where I had been threatened. Once I learnt that it, was great, because I vowed to myself I would ensure I never had those experiences again.

The result of both of those experiences was I devoted my life to learn how to turn my daydreams into my realities. With these realisations, I stopped wasting my time in my life instead utilised that time to learn how to create the successes and fantastic life I had just been daydreaming about.

My journey is ongoing and constantly changing, but this is everyone's journey in life. The successful people have embarked on their personal life journey. I encourage you to as well.

Here's what you can do...

You can decide that you and your one precious life are worthy of committing to and start creating your life how you want to live it.

It's a step by step journey taking courage and change and unlearning old habits and re-learning new ones. It's understanding that people in your life have done their best and so did you. However, now if you want a happier more successful outcome for yourself, it is saying 'good-bye' to your past...reminding yourself you did the best you could back then. It includes forgiving yourself and others and acknowledging NOW...this second you read this...deciding

"I want a better life for myself – and it's my birth right as a human being on this earth – to learn how to create it for myself".

Obviously, everyone else has the same birth right but the big difference is that many millions of people don't make the effort it requires to create a better life for themselves. I hope you do...because you would be: one more person in the world who is making it a better place one more person who is learning to fulfill their human potential one more person in the world who then makes an effort to help others to the same.

And – isn't that an awesome goal for mankind!!! Converting one person at a time to be fabulous and awesome, happy and successful...and it all starts with the inner call from within who's saying – Yeah' let's do it...but the mind saying – I'm too scared...I don't know how, what will people think. What if I fail...and so your mind is controlling your spirit or soul! :)

The journey of personal development for yourself is that your soul/spirit who wants you to be awesome and your mind working along with it...saying...okay, I'm fearful...but I'll trust myself I can do it. I've got faith in myself that when I stumble, I'll find a way to pick myself up and keep walking down my own life journey and destiny.

WELCOME TO MY WORLD..

I started that journey over twenty-five years ago and never regretted it once. Sure, there were challenges...but at least the outside of me I showed the world – my smile and the inside part of me no-one could see were working together rather than battling it out with each other and wasting away my precious life.

Let's look at some of the other ideas to ponder on. Decide what applies to you and then decide what to do...

Here's a snippet from my eBook **22 Common Ways People Waste their Lives and the Secret to change that time to Create MORE Successes for Yourself about wasted time.**

Why worry about wasted time?

It is true you need to have time in your life to relax and allow your body to rejuvenate and heal itself so you are healthy.

However, it's also true that you can decide:



- * you are bored
- * don't know what you want to do
- * don't know what you want
- * laze about in front of television
- * play computer games
- * spend too much time on social media
- * blame others for your failures
- * criticise others constantly
- * take medication or drugs (too much and uncessarily)
- * constantly consume too much alcohol
- * procrastinate always saying you will do something 'tomorrow'
- * be in a state of 'avoidance'
- * and the list goes on.

The trouble with all of the above, is that you are not spending your life learning how to create more success, happiness, money, love, fitness, fun, better job or task, that will make your life more successful for yourself.

Life goes in phases, fits and starts, ebbs and flows like the tide, night and day, like the sun and moon, so having a period of your life where you are in a 'time of change' is normal.

However, if you are constantly in this state of living, you may not 'shake' yourself out of it. You might wonder if: this is all there is for you in life what's the purpose of your life? Or think...I've done what I was told but I'm not happy so now what?

Making a decision to want to change your life you are half way on your journey to stop wasting your life and start creating your more successes instead.

Breathing is a sign you have a choice to create more happiness starting now - today... then do something everyday to make your happiness bigger and bigger until you are happy all day...every day!

You have free will...you have a choice - Janice Davies

Your Solutions

Wasted Time Related to Happiness

1. YOU Don't know WHAT makes your happy
2. YOU Don't know HOW to be happy
3. YOU Don't do things that make YOU happy.
4. YOU Do things that make OTHER people happy

You are born to discover yourself, which means find out what makes you happy and successful, and 'do it'. WHY - so you can live the life of your dreams!!

When you don't know what makes you happy, think about the times in your life you feel okay. It may be: listening to your favourite music eating your favourite food spending time with people you like

That is your starting point and from this moment onwards, it is up to YOU to analyse each activity you experience to decide whether it brings joy (happiness) or pain (sorrow) into your life.

Next learn to spend less time doing activities you don't enjoy, OR learn to rethink about them i.e. I don't like my job but at present it gives me money to live and I will retrain or find another one. Then you gradually move into being happier in your life.

Usually it's lack of clarity, confidence and courage that stop people. Is this you? If so - that is what I teach you. At school it's reading, writing and math you learn from your teacher, with me as your Intuitive Success Coach it's desires, dreams, goals, confidence, communication, courage, overcoming fears and much more - I teach you...

Don't waste another day of your precious life...and join in with the new upcoming tribe of people, doing 'their' thing to refine their lives and then help refine their patch in the world - to make it a better place for everyone. One person at a time...and this change is happening. Join in.....Now let's move on -

You experience this by including as many of the joyous activities in your life as possible. Maybe you enjoy playing a musical instrument, so it's up to you to reward yourself by looking forward to engaging in the pleasure during the day and being focussed when you are enjoying it.

Maybe it's cooking your favourite meal or trying new recipes therefore including more of this activity into your life, increases your happiness levels.

Obviously if you don't do what makes you happy you are not going to feel happy. Of course there may be experiences that you want to enjoy but for a variety of reasons you are unable to i.e. Money, time, distance etc. Another way to include this into your life is if you are planning a trip and it takes 2 years to save the money, learn about your destination from, books, TV, videos etc., so when you are finally 'doing it', you can experience more from your trip.

If you don't do activities that make you happy instead always doing things that make other people happy, you need to learn how to change so you can gradually start doing them.

In relationships it's about compromise and negotiation, so of course there are likely to be times when you both do things with each other that are not your favourite activities. However, if you are doing this all the time and sacrificing your own happiness, then you need to learn to empower yourself. You do this by building your self-esteem and learning how to communicate assertively.

Failure to learn to be empowered results in your unhappiness and your life will not change until you have the courage to begin to make changes to your life.

1. It involves changing your attitude from negative to positive.
2. It involves changing your actions from none to some.
3. It involves you making a decision to want a better life for yourself.

Wasted time Related to Relationships

Relationships include everyone you connect and interact with either for a long time or a shorter time and during the week or weekends.



Here's a Few:

- * family or relations,
- * work colleagues or boss,
- * friends or associates
- * sport/hobby team members
- * partners and ex-partners,
- * boyfriends or girlfriends
- * married, single, divorced or separated relationships
- * strangers – bus driver or local shop owner you meet frequently

This is how you waste your life:

1. Waste your love in wrong or old relationship that you need to leave but haven't the courage or stay for reasons that suit others.
2. Waste your love in damaging relationship i.e. Abuse – verbal, emotional, physical or spiritual
3. Worry about what others think of you, so stay in an unsupportive relationship
4. Do what parents or partner or friends want all the time
5. Have been bullied or influenced by others and don't know how to change or what to do.

Your Solutions

Every person in your life affects you, whether it be good, bad or indifferent. The ultimate relationship is with people who: value, respect and trust you treat you as an equal support your individuality (as you support them)

These are win/win type relationships and when we experience, these both people have healthy self-esteem, communicate assertively, create their own successes, are happy on their own or with another person.

Prior to achieving these type of relationships, you encounter ones which are classified as lose/lose, win/lose or lose/win. These four types of relationships have been classified in a book called I'm Ok, You're Ok by Thomas A Harris MD in a process called Transactional Analysis. It is about the unsatisfactory relationship scenarios we experience in our lives and techniques to move beyond them.

Often you base relationships on your parents, good, bad or indifferent, and if they were not happy supportive relationship, you may have similar type of relationships.

If you are unhappy and not experiencing great fun filled, loving relationships, your job is to learn how to change. You will not change the other person. Bullying is the worst type of relationship and can be with family, friends, work colleagues or partners. Bullying is soul destroying (I know I've been there) so I urge you to think about a solution for yourself. I am sure there are groups in your area where you could find support, or alternatively I teach how to change your life so you can move away from bullies. See Below share thoughts, feelings and emotions with you

I have a program which teaches how to move forward to creating better relationships in your life called: Dealing with Difficult People & Bullies. contact me for details if you are getting bullied and want to learn how to deal with them. Visit my website <http://www.difficultpeoplehelp.com>

You have to upskil yourself, honor, value and respect yourself, to embark and learn your life lesson's so you want to create your day dreams into your real life. It takes confidence and courage, but it will move you forward to happier and times in your life. Once you are on 'your personal journey' you will develop into your full potential and create the successes your dream about!

Wasted Time Related to Thoughts

1. Get depressed and stay that way far too long
2. Don't deal with PROBLEMS
3. Get caught UP in FEAR
4. Waiting for others to fix your life and make you happy.

Before I embarked on my journey of personal and self-development I experienced all four of the above time wasters. Back then I didn't know what else I needed to do, that would make me happy. I did great things, traveled the world, got married, had two healthy lovely daughters, but 'something was missing' and I didn't know what or how to fix it. IT WAS THE REAL ME !! Eventually, I learnt I need to learn how to change my thoughts, hence my name now Attitude Specialist! I needed to learn a new way of thinking.



It's been suggested we think about 60,000 thoughts a day. Also you will know if you let your mind 'do its own thing', you're likely to have negative chatter or a voice in your head, or words in your mind. Those very thoughts are the ones that will stop you from creating your successes.

Here's some of the thoughts you might have from yourself or other people:

- * I'm not good enough
- * I don't know how
- * People will think I'm nuts
- * I'm stupid
- * I'll never be able to do that
- * No-body has ever done that before
- * Who do you think you are?
- * You should be looking after me
- * No-one in our family has tried that...why you?
- * And many other thoughts from yourself and words from other people in your life.

Your Solutions

With those negative thoughts in your mind, it stops you even trying to succeed. You might discuss it with family or friends by talking about how unfair the world is, how difficult it is to achieve and have success, and envy the people who have learnt how to be successful. These people in your life re-iterate your thoughts so you circle around and around - stuck in a rut. The key here is for you to meet NEW people who think differently so you can change your thoughts and change your life.

However, your job (mission impossible theme again) is to make a decision that you are going to embark on your learning curve to change your life. Everyone has free will, so

Choice A is that you continue living your life unhappy and not having the success you'd love to have

Choice B is you start learning how to change your thinking, so every day you make another small change in your life to create the successes you dream of.

Remember you're with yourself from birth until you snuff it, so your life journey is to 'experience' all the negative uncomfortable experiences and learn to grow and develop yourself from them, so you can be successful.

It is '**easier said than done**', I know I've been on this journey. Many people get stuck in the challenging experience choosing to live inside this difficult unhappy comfort zone rather than move onwards and upwards in their life.

However, if you chose to get started on your journey, you will find that eBooks (like this one), books, poems, courses, people, songs, television programs and other inspirations learning opportunities will come into your life. As you embrace and learn from them, your life will gradually start to change.

Wasted Time Related to Confidence

1. Lack confidence and self-belief in themselves and abilities
2. Are too shy to communicate
3. Don't know that they have low self esteem
4. Live life being a 'victim' and feeling sorry for themselves
5. Overcome by self-doubt or self-image
6. Don't realise that self-esteem is important to you succeeding in life

Your Solutions

Learning to 'believe in yourself' doesn't just happen!! In your past you've had hundreds and thousands of situations where you were encouraged or not encouraged once or many many many times.

If you received encouragement and praise you are likely to have more self-belief in yourself. However, if you did not receive encouragement or praise, you are more likely to have a lower sense of your belief in yourself. The consequence of the latter situation is that you do have to spend more time in learning to believe in yourself and abilities. Right now you could probably write a list of things you can do.

Here's a list I'll start for you:

1. Walk
2. Speak
3. Read
4. Count
5. Cook
6. Clean
7. Drive a car
8. Turn on a computer
9. Use social media
10. Make a bed
11. Iron clothes
12. Play a sport or instrument do a hobby



Your Solutions

Probably you can't remember learning to walk and you would have fallen down many times before you mastered that skill. When you began speaking you started with making noises and gradually you started saying one word, then two words together. Eventually you started to say a sentence which moved on to having a conversation.

Both of the above skill sets you took for granted and they never 'happened' overnight. The walking maybe over a 6-month period, the speaking and conversations over several years. No matter what, you mastered these skills that have helped you throughout your life.

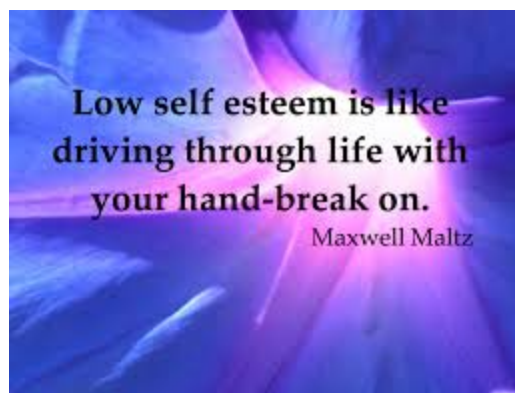
To start to increase your self-esteem now, daily add 5 more skills you have onto the above list and accept them as you and gradually begin to build your confidence and self-esteem level.

Self-belief, Self-esteem, Self-confidence and overcoming Self-doubt are all of the same vein...they're about - learning to believe in yourself. The difference between learning to speak and walk was that you had an innate sense plus someone else in your life encouraging you.

NOW you want to stop wasting your life and create more success for yourself, you have yourself to encourage you or a coach or tribe of people who support one another. It is your choice to learn to believe in yourself.

Every human being on the earth has the potential to have a self-esteem level of 10/10. Every human being on the earth has challenges to overcome to reach that level. Every human being has the choice and free will whether to embark on their personal journey of learning to overcome their negative mind and create a positive mind set. I encourage you to join the winners!!

I have programs on building your self-esteem. and confidence. Email for details janice@attitudespecialist.com



Wasted Time Due to NO Action

- 1 Work in a JOB you don't like
- 2 Don't go on your 'own' unique personal life journey
- 3 Don't learn how to change and improve their life.

Your Solutions

Your success is in direct result of the thought and actions that you took. Once you decided to create more success and happiness in your life, it's a learning curve to first:

Decide what you want. Create some action to 'make it happen'. Overcome the challenges you encounter. Don't listen to the pessimists. Continuously search for new solutions. Keep taking small daily actions. Persevere until you achieve your result.

Most of these involve physical action to enable your final successful result. Some of your successes may eventuate after a week or a month, or five or ten years...or longer.

If you're in a job you don't like, you can learn to appreciate the ongoing results of your wages or salary. IE. Pay rent, buy food, feed and clothe family etc. as you retrain yourself for your dream job.

The benefit of rethinking your attitude towards a job you dislike is that it can also 'urge' you to

- * Volunteer for new tasks where you work
- * Say yes to learning new skills
- * Searching for a new job with your present skills
- * Searching for a new job with the new skills you learnt at your former job
- * Up skill yourself for your new job
- * Make you feel better because you have changed your thoughts.

Embarking on your personal unique life journey allows you to learn new ideas about your mind/body/soul and heart connection so eventually you may embrace aspects of spirituality (not religion) that aligns to your soul.

At school you are taught to read and write, do mathematics, play sport and work and play together with other students. These skillsets provide you a base of knowledge to embark on your life. You either decide to involve in more education for the career or job you want or not.

However, you also decide whether to learn any more skills to help you enjoy life after your school years. Some skills are more accepting like driving a car, computer, learning to cook and social media whereas others like personal and self-development may be belittled by people in your life. Often these people are under-achievers themselves, so it is their thinking that starts stalling your success – until you chose otherwise.

As you do this, you learn new techniques and learn to use the Law of Attraction as additional practises you can include in your life to bring about your successes more easily. This can include visualisations, treasure mapping, meditations and other procedures as you develop and embrace more success into your life. There's a famous quote:

If it's to be – it's up to me!!

Therefore, creating more success for yourself is learning to stop wasting your time any longer and committing to learning HOW to change your thinking, then your actions and get the results and success you daydream about.

EXTRA HELP FROM JANICE



I have been writing a movie script for seven years and now resuming this new topic for myself about creating a positive future and for you as well. I am using every skill I've learnt over the last 30 years to re-create my own life as well as pass them on to you.

My other programs are being revamped and updated so please ask if you have a query you need answered as I have a number of programs and presentations which I'm beginning to share globally.

If you are interested in creating your positive future and ready to change, please register for a FREE strategy session so I can help you move forward. You can try to make these changes in your life alone or you can get help from someone who has spent 30 years learning and teaching others to change and improve their lives. With a coach or teacher, you learn 10 times quicker...so imagine yourself teaching yourself to read and write. It could be possible, but it would be very tricky and challenging so maybe you would succeed or not. .

Here's what I cover in your FREE coaching session with me. Book here: <https://janicedavies.com/coaching>

1 Your vision for yourself

(If you don't know I'll be asking questions to prompt your answers you may not have known were within you.

2 Your Biggest Challenge

3 A Plan for the rest of your life - with short and long term goals or intentions .

Group and Individual programs are available to help you move forward in your life.

Your owe it to yourself and if you have children to them as well, because you are their role model.

I am creating new content regularly, so feel free to email with your query and am happy to give some advice and book in a coaching session. <https://janicedavies.com/coaching/>

The length of my programs alter. I have 6 weeks, 90 Day, 6 month and year long group, individual and mastermind courses plus online DIY courses are becoming available. An annual retreat is also being planned.

You can book your coaching session here: <https://janicedavies.com/coaching/>

Additional Help:

If you want more information before your FREE strategy session please email janice@attitudespecialist.com (Quickest replies)

OR if you have not had a reply please try attitudespecialist2@gmail.com

Other online resources

<https://www.facebook.com/attitudespecialist>

<https://nz.linkedin.com/in/janicemaydaviesnz>

<https://www.youtube.com/user/janicemaydavies>

I have programs AND presentations on:

- * Moving from Negative to Positive Attitude
- * Dealing with Difficult People, Tricky Situations & Bullies
- * Boost Your Confidence,
- * Goals - for short or long term visions
- * Assertive Communication,
- * Managing Stress
- * Overcoming Fears
- * Becoming your Best
- * Your Positive Future AND more.

Here's my final quotes for you:

Attitude
Changes
Everything!



