

Vibrant Health

Change Your Habits, Change Your Life!

HABIT 18

POSITIVE EXPECTATION



22 Key Habits to Transform the Health & Wellbeing of Your Mind, Body & Spirit

Devised by
**Stephen Kirkbride
& David Orrey**

www.VibrantHealth.me.uk

Quick Guide

Habit 18 is entitled ~ **Positive Expectation.**

This will give you a permanent pair of rose-tinted spectacles 😊.

Building on habit 17, this will also help to rewire your brain to expect and attract the very best. Your energy levels and vibration will significantly increase.

You'll see the world very differently (in a very positive way) 😊!

Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 18 ~ Positive Expectation

*“The greatest discovery of all time is that a person can change his future by merely changing his **attitude**.” Oprah Winfrey*



Positive Expectation

Now we're going to build on the way you **think** and the vibration behind it.

Habit 17 is about the process of conditioning (hardwiring) your body to feel good as often as possible.

This habit is building on that by doing the same process with your mind, so you condition it to have positive expectations and expect the best in everything.

Positive **thoughts** create positive **feelings** which create inspired **actions!**

More rewiring

We touched on neuroplasticity in habit 17 which refers to the process of rewiring the neurons in the brain, as they are flexible and easily changed.

In other words, you can rewire your brain to work in your best interests as opposed to letting it be influenced by the world around you.

By rewiring your general thought process, we can turn the general theme of your thoughts (as you go about your day) into a very positive ball of energy, so your vibration increases significantly, and you feel good.

As your conscious mind is your **vibrational switching station** (as you have the ability to choose your thoughts) it makes complete sense to broadcast high vibrational thoughts as much as possible, so that you not only feel very good, but attract corresponding events and circumstances



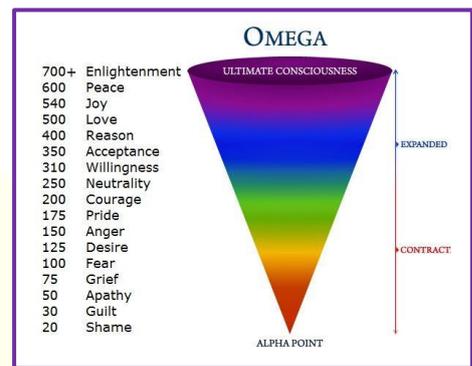
So, if you look at the **Emotional Frequency Chart** and were to consistently work on projecting thoughts of love (500), joy (540) and peace (600), it will start to make a significant difference to how you go through the world.



Regardless of current circumstances, when you align your thoughts with love, joy and peace, your thought vibration will increase significantly, you will feel really good and you will start to attract events and circumstances on that level.

Intellectually, **it's an absolute no-brainer!**

All you've got to do now is put the process into practise until it becomes hardwired and watch your life improve and how the people around you wonder what's changed in you 😊!



Inertia

It takes some mental discipline to think at a higher vibrational level if circumstances around you are not that conducive to begin with.

It's all about inertia, it takes more of an effort to get started and then gets easier and easier as your neurons become familiar with it.

Metaphorically, it's a bit like pushing a broken-down vehicle, it takes a lot of effort to initially get it moving, then it gets easier once you have some momentum.

At some point, the positive high vibrational mindset becomes hardwired as a habit and then you don't even have to think about it anymore 😊.

We are reprogramming (rewiring) your mind with a **mindset of positive expectation.**

Beautiful mindset

To lead you into the mindset exercises for this habit, I want to start with an inspirational story to get you thinking differently...

*In the **Ubuntu tribe of South Africa**, when someone does something wrong, they take the person to the centre of the village.*

There the tribe surrounds the individual for two days, while members of the tribe speak of all the good that they have done in their lifetime.

The tribe believes each person is good, yet sometimes people make mistakes, which are actually cries for help. They unite in this ritual to encourage the person to reconnect with his/her true nature.

The belief is that unity and affirmation are more powerful to change behaviour than shaming or punishment.

Wow! Imagine what a different world we'd live in if we all had that attitude!

What if instead of immediately judging and blaming, we all took the time to find out the underlying reason for any misdemeanour and tried to help instead.



The world would transform very quickly, crimes and misdemeanours would reduce to very little, and most people would be pretty happy and content as others genuinely cared and looked out for each other's wellbeing. Everybody would feel more loved.

Until that happens (we believe it's only a matter of time), you can do your bit by seeing the best in every person and circumstance. Just lead by example and act in a way that you would like everybody to follow.

For now, if **you** and **I** both act this way, the higher vibrations of our well-meaning intentions will start to positively ripple outwards and who knows where it ends!

Perhaps, world peace one day 😊!

Proactive attitude

As you know, you get to consciously choose your thoughts and attitude any time you wish.

What the vast majority of people do who are towards the lower end of the **Emotional Vibrational Chart** is allow external circumstances to dictate how they think and feel (this is not a judgment, it's a scientifically documented natural process).

Important to understand (the reason why people continually suffer)...

The core problem with people who are well below the 200 threshold on the scale is that they are in **survival mode**. In other words, they are constantly living in fear (of all the nasty things in the news) to some degree.

Living in fear automatically creates a level of stress and the body's stress response is to flood the system with cortisol to help them cope (cortisol release is the body's natural fight or flight response).

So, imagine you have a major life-threatening problem... **let's say a tiger is about to jump out the bushes and eat you**. In that event, cortisol is a good thing, as it gives you the stimulus in your system (the fight or flight response) and effectively 'tunnel vision' so you can focus purely on the problem and deal with it appropriately, to save your life.

Here's the bigger problem...

When you're constantly going in and out of fear and stress in your everyday life, the continual cortisol release keeps you focused on your day-to-day problems.

Because your system is being over stimulated with cortisol and there is no tiger (or immediate threat) to deal with, **your focus becomes fixated on your problems** as that is what the body is equipped to do under stress.

We're not biologically equipped to live under constant stress, its only meant to be a temporary state to help you deal with the immediate threat!



But, when you're living in continual stress, it is very hard to see past your immediate problems due to the continual cortisol stimulus, creating a **self-defeating cycle**.

It keeps you stuck, as you're putting out the same low vibration and attracting the same circumstances.

This is why most people in those circumstances are praying for some major luck like winning the lottery or being rescued by a rich knight in shining armour. If they don't change their thinking, their only realistic way out is by some external luck or circumstance.

As you know from all the information so far, a happy, content, fulfilling life, attracting circumstances you desire, **is an inside job** it's up to you.

You must always choose **high vibrational thoughts** and **corresponding feel-good emotions** (in line with what you wish to attract) regardless of the current circumstances.

Positive outlook

With all the negativity in the modern world, it is very easy to dwell on what can go wrong instead of everything going well.

Here's a great way to focus on the best outcomes as you think about/plan your dreams/goals and your day-to-day tasks.

Start using these 2 phrases as you think about what outcomes you want...

- 1. Wouldn't it be nice if...**
- 2. What would it take...**

Both of these phrases automatically get you to focus on what you want, which invokes a good corresponding (expectant) vibration in you.

You are saying them to the universe (divine creation) and as you know, it always gives you corresponding circumstances and events that match your general vibration.

1. Wouldn't it be nice if... this is for the general upcoming events and tasks in your everyday life. Examples;

*"Wouldn't it be nice if... **the traffic was light today and an enjoyable journey.**"*

*"Wouldn't it be nice if... **I have a really productive and fulfilling day at work.**"*

*"Wouldn't it be nice if... **everybody I meet today is smiling and courteous.**"*

*"Wouldn't it be nice if... **I have a wonderful time with friends over coffee.**"*

*"Wouldn't it be nice if... **today's exercise was really enjoyable and fun.**"*

*"Wouldn't it be nice if... **people pay me lots of sincere compliments today.**"*



“Wouldn’t it be nice if... everything works out brilliantly for me today.”

If you go about your day with this attitude, your vibration is going to be very high 😊!

2. What would it take... this is for your core desires, goals, and dreams, all the things you want to happen in your life. Examples;

What would it take... to meet a wonderful loving partner who adores me?”

What would it take... to get swept off my feet and fall in love?”

What would it take... to have a flourishing business that fills me with joy?

What would it take... to love my body and just ooze sex appeal?”

What would it take... to find the perfect job that gives me total fulfilment?”

What would it take... to live in my dream house in the country?”

What would it take... to stay in great shape with minimum effort?

Just approaching your life with this energy and attitude will uplift you and make you feel good 😊 as long as you **feel the emotion of having it** (that’s vital) as you say it.

This approach/outlook on life is purely to raise your vibration through feeling and expectation as **you’re dwelling on what you want**.

Whatever you do, **do not judge the circumstances** ever, if your day doesn’t quite go to plan.

Keep your vibe high at all times and use the detachment/release tools (habits 13/14) if appropriate. You are forming the habit of positive mindset/expectation and rewiring your brain accordingly.

Sunny side of the street

This is the name that Stephen and I came up with, for a process that always sees the positive in every situation.

It’s the sunny disposition if you like, as opposed to taking the dim view of something.

Here’s how it started...

One of Stephen’s Facebook friends posted a picture of the view from his office window with the caption **“What a miserable, depressing day, looking out the window!”**

The picture showed a plastic wheelie bin next to a brick wall and an iron gate with dark clouds in the background and lots of rain.



Stephen responded with...

"Here's what I see... dedicated skilled tradesmen to build that wall so neatly. First class craftsmanship to create such elegant cast iron gates. The very best of design and injection moulding to produce such a functional and user-friendly wheelie bin. And without rain, there is no wine, beer or champagne!"

This caused quite a stir as lots of people then responded in a very positive way, commenting how it changed their perception completely, in a good way!

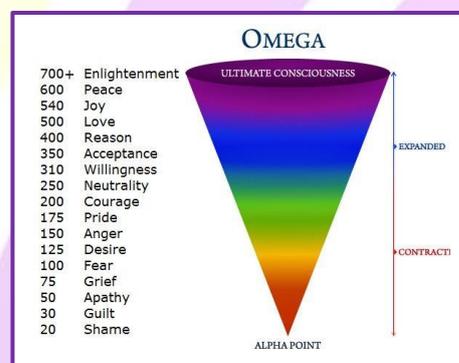
Seeing the **sunny side of the street** is a very nice attitude to have 😊.

Your attitude to life

How you choose to view events and circumstances is completely up to you. When you look for the best in any observation or situation and only see the good or expect the best, you raise your vibration accordingly and feel better.

Like everything that is beneficial in this programme, its simply about adopting these simple actions until they become fixed and hardwired as a habit.

We recommend you print off a few of these small charts to stick around your environment as a constant reminder that by adopting a positive mindset, expecting beneficial outcomes and always looking for the good in any situation, your vibration goes up the chart and you feel good 😊.



The spirit of Ubuntu

Going back to our friends (and wisdom teachers!) in the Ubuntu tribe, here are the basic principles of Ubuntu:

- ✓ Practice compassion, forgiveness, mercy, pardon, reconciliation, and grace.
- ✓ Value the life of every human being.
- ✓ Recognise that every individual's behaviour affects every other individual because we are all energetically united.
- ✓ Place a high premium on dignity, humaneness, and respect.
- ✓ Shift confrontation to mediation.
- ✓ Maintain positive attitudes and shared concerns.
- ✓ Establish harmony and dignity while maintaining fair restitution, rather than retributive justice.
- ✓ Favour reconciliation over estrangement.
- ✓ Promote mutual understanding and learning rather than shaming and punishing.
- ✓ Use face-to-face facilitation for understanding and resolution, rather than debate or victory won by the most powerful.
- ✓ Sustain civil communication and conduct.

Ubuntu means love, **truth**, peace, happiness, eternal optimism, inner goodness, etc.



Ubuntu is the essence of a human being, the divine spark of goodness inherent within each being.

Food for thought... there is so much love, respect, and integrity in their principles but more importantly, notice the underlying vibrations and where they sit on the Emotional Frequency Chart. They're all in the range from willingness to peace 😊.

The vibrational essence of their principles is absolutely wonderful and very admirable.

Final word

I'll leave the final word to Mahatma Gandhi;

*“Keep your **thoughts positive** because your thoughts become your words.
Keep your **words positive** because your words become your behaviour.
Keep your **behaviour positive** because your behaviour becomes your habits.
Keep your **habits positive** because your habits become your values.
Keep your **values positive** because your values become your destiny.”*

Recommended habit action steps

- ✓ Practise and develop a positive mindset to always look for and expect the best in any situation.
- ✓ Do a daily **“Wouldn't it be nice...”** routine to set up your day.
- ✓ Write a regular **“What would it take...”** list for all your desires.
- ✓ Practise and develop a **‘Sunny side of the street’** disposition and mentality.
- ✓ Imbue your communications with the vibration of love, joy, and peace.

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

11. You will likely forget all this...but you can remember it whenever you want 😊.



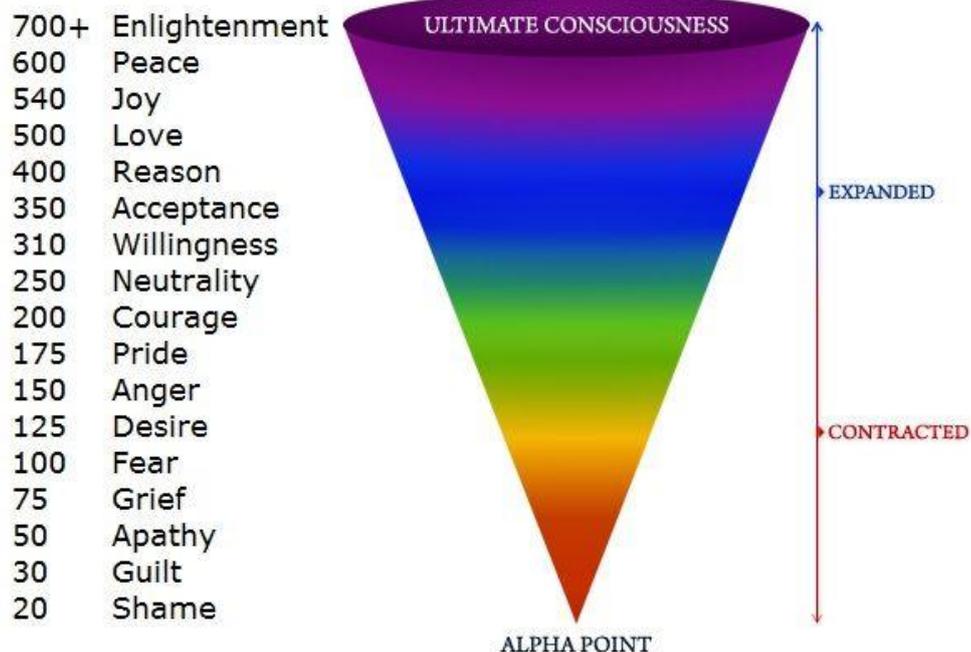
Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA



Your Mind, Body, Spirit Connection

You have a body and a brain existing in the material world, a soul in the spiritual world and a mind in both, **you're a multi-dimensional being.**

