

## Twitter Thread by [Tyler Todt](#)



**Tyler Todt**

[@tyromper](#)



**I was asked yesterday on a coaching call how I'm always positive :)**

**This has been an intentional choice & something I've worked hard at for years now!**

**■ You can't be grateful & grumpy at the same time!!**

**■ I curate my entire life around positivity.**

**Strategies I use: ■**



**■ I never watch sad movies or horror movies.**

If I'm watching movie it's going to inspire or educate me.

**■ I never listen to sad music.**

All praise music that floods my soul.

I dance & sing often too :)

**■ I don't follow toxic people.**

Only Champs that inspire me on my timeline!■

10:15



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Into the Sea (It's Gonna Be Ok)

Tasha Layton



The Father's House

Cory Asbury



The Blessing (feat. Cody Carnes)...

Kari Jobe



Battle Belongs

Phil Wickham



Holy Water

We The Kingdom



Stomp (Remix) Ft Kirk Franklin &...

Kirk Franklin



Who You Say I Am (Live)

Hillsong Worship



Yes I Will (Studio Version)

Vertical Worship



Alive

Big Daddy Weave



Resurrecting (Live)

Elevation Worship



My Savior My God

Aaron Shust



My Hope Is In You

Aaron Shust



Holding On To You



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■ I don't follow politics or the news at all.

My wife said on Jan 25th something about President Biden & I had no clue he had been inaugurated ■  
He's President now?!

Maybe that's bad,

but I feel I affect the most change in the world from within myself, my home & my community.

■ I don't allow toxic or negative people on social media or real life.

I block frequently if they are toxic online.

In real life it's harder, but necessary.

We recently cut out 2 family members that were critical & negative about our mission to foster.

We don't need that!!👊■



I cut out a long time friend of 16 years that wouldn't stop talking about politics & Covid nonstop.

I asked him to stop & offered to talk other topics but when he persisted & I felt my anxiety rise every time he text, I decided my peace was more important during this season.

■ I constantly audit where my focus, thoughts & goals are.

■ I am very intentional to pause throughout the day several times & reflect on controlling my thoughts & ensuring they are serving me!!

■ I have journaled what I'm grateful for 985 days in a row :)

■ My wife & I talk wins & how we can build one another up!!

■ Putting my daughter to bed every night we talk about what we are grateful for & why we need to give back & be thankful.

■ My conversations with friends are similar!

We are getting better let's go!■■■



I take some flack for this.  
That's ok :)



Tyler lives in the clouds, he's not in reality...

We create our reality!!■■■

I control my inputs & then I GET TO live a life full of joy, peace & positivity!

Challenges & setbacks happen daily.  
I CHOOSE to see them as opportunities.

I don't always succeed.  
I have days like everyone else I wake up "off" cranky, tired, agitated etc.

I fight hard on those days sometimes taking 7-8 mini breaks to  
"Reset my day"

- I'll meditate & visualize winning
- praise music & give it to God
- breath work
- journal gratitude

@naval had a great quote,

"If you are so smart, why aren't you happy."

I prioritize my happiness & my peace & CHOOSE everyday to see the good & be positive above all else.

I hope you CHOOSE to be happy & positive as well today!!

IMO, it's how we change the world!!

♥■■■