Twitter Thread by Tyler Todt





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: ■



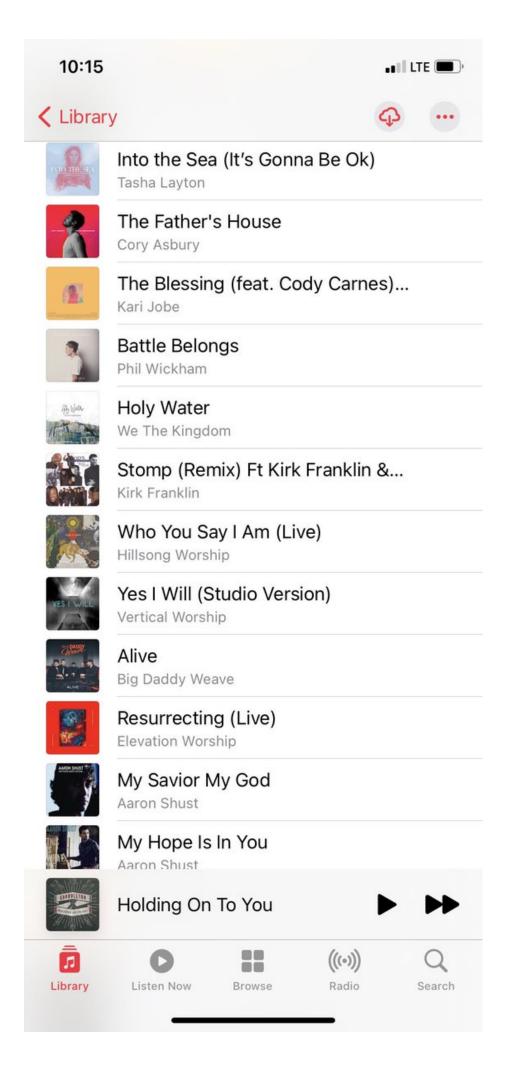
■I never watch sad movies or horror movies.

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!■



■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 & Cvoid 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!! ◆■■