



# Passion for Life Coaching, LLC

*Making Deliberate Choices for a Fulfilling Life*

Newsletter by Suzette Langley, Certified Life Coach and MSW

## How to Get Rid of ANTs

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Recently, I read a book called *The Answer* by John Assaraf and Murray Smith. In this book, the authors reference a term from Dr. Daniel G. Amen's *Change Your Brain, Change Your Life* called ANTs – automatic negative thoughts. Negative thoughts are exactly like ants! They are uninvited guests at life's picnic. Just when we feel on top of the world and completely successful, negative thoughts crawl, sneak, and tiptoe through our minds, even when we don't encourage them.

Despite these negative thoughts creeping in and feeling like they have a life of their own, they do not. Our brain constantly communicates and sends out signals. Our thoughts are products of our neurons sending chemical and electrical impulses. What's more, we can control these thoughts!

How? First, become aware of the negative chatter. Often the ANT parade has been happening for so long, we accept it without question and as our reality. Next, after becoming aware of the negative thought, redirect the negative energy with a positive thought.

Here are some examples:

<u>ANT</u>	<u>New Positive Thought</u>
I'm not smart enough for this job.	I am smart enough and acquire knowledge easily.
I cannot resist chocolate and sweets.	I can easily pass up chocolate and sweets.
I am afraid of trying new things and failure.	Being afraid is normal. It's ok to make mistakes, learn, and move forward.

To change our language means we are in control. And, here's the amazing thing – with us in control, the negative neural pathways start to shut down and the positive pathways get stronger. Over time, the ANTs become less frequent and the positive thoughts more abundant.

Imagine the impact of rewiring your brain! You change your attitude about what is possible. You see more opportunities and fewer closed doors.

Consider this question – how do you spend your life? Allowing ANTs to have free reign means you are spending hours, like money, for negative experiences and memories. Would you pay big bucks for a front row seat at a canceled concert, a broken TV, or a wrecked car? Certainly not! Taking time to identify ANTs and create positive thoughts ensures you exchange your hours spent for positive experiences, memories, relationships, and success.

## Attention Business Owners and Managers

Do you need to address any of the following concerns in your business?

- Employee Retention
- Interpersonal Conflicts
- Ineffective Customer Relationships
- Poor Team Performance
- Problem Solving Difficulties
- Vague Goals or Direction
- Low Morale or Team Spirit
- Low Customer Satisfaction

The Peplemap System starts by using The Peplemap instrument, a short personality questionnaire that takes about 10 minutes to complete and is 95% accurate, to measure personality type. The Peplemap is based in positive psychology and focuses on developing natural and learned strengths. The goal of the Peplemap system is to teach people in a short period of time how to understand and **communicate effectively** with anyone in any situation, such as sales, customer service, team building, or management.

Contact Suzette at 410-757-7326 or [Suzette@SuzetteLangley.com](mailto:Suzette@SuzetteLangley.com) to set discuss the training needs or challenges that you are facing in your business. Additional informational materials and the opportunity to take the questionnaire are provided in the meeting.

## Upcoming Events at Big Vanilla Arnold

### **NEXT WOMEN ROCK – Friday, January 9<sup>th</sup> - 7:30-9:30pm**

This 2-hour program will help you tap into your mental and physical strengths as you discover how the rock wall is a metaphor for life and life's challenges. Feedback from this program is **phenomenal!** The women who have participated have learned about their strengths, expanded their comfort zones, understood how they face challenges, and discovered new ways to overcome obstacles. Join us for a ROCKIN' night and walk away feeling empowered!

Fee: \$25 members/ \$35 non-members

**4 women MUST BE pre-registered to hold this program.**

Women Rock will be held at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Register online at: <http://www.bigvanilla.com/arnold/adultclasses.html> or call 410-544-2525 to register.

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