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5 POWERFUL WAYS TO

# Positively Prime

YOUR DAY

Music | Movement | Breathe | Space | Positive Prime Sessions | Sleep



We all know what Positivity is, but just to be clear:  
Positivity is when we feel our best, when we're in alignment with our values,  
when we're vibrant and have love, light and energy to share with the world.  
But how often do we take the time to ensure this is how we always show up?

And look, we don't expect you to be a Care Bear 24/7.  
Although if you want to, it's totally cool - Care Bears are awesome.

But, what we do know is that we find more balance and flow when we  
Positively Prime ourselves for whatever tasks and challenges we face  
throughout the day.

And Priming: Well, that's really the process of getting ready.

**Think of priming as your onramp to success.**

And we'd like to share with you five our favourite ways to Positively Prime  
throughout the day.

And to make it simple, They all take three minutes or less.





## MUSIC



We all know how music can pull us out of a slump. We like to say that nostalgia is a no-brainer for a slingshot into a positive mindset. We have an affinity with the music we listened to as a teenager, so make sure you have that all time classic ready for anytime you need a pickup.

Alternatively you can look into binaural beats which run at specific frequencies to prime you for focus.

**Check out our friends at [Brain.fm](https://brain.fm) if this sounds interesting**

## MOVEMENT



We all know how good moving our bodies feels. A lot of the time we spend too much time living from the shoulders up and all it can take is a wiggle of the hips to bring us back to our vibrant selves.

You could even combine it with that favourite tune from above. Air guitar anyone?

In the performance coaching world, we call this a stack and movement is certainly one of favourite things to stack.

We recommend if you already have a practice you love... Use a shortened version of this throughout the day to get you ready to roll, no matter what the challenge.

## BREATHE



A lot of people associate breathing with slowing down and finding calm. This is great and there are plenty of practices for this. But if you're looking for a little bit of a pump up, to activate that excitable positive state, you can use the breath too.

It's simple.

Focus on breathing in and out through your nose for 30 seconds in short sharp pumps. Make sure you're breathing into the belly as this activation of your diaphragm will pump more blood around your system.

You can do one round, two, if you're feeling like an extra boost :)



positive  
prime

## SPACE



Creating a sacred space for your work or hobbies can be crucial to launching straight into positivity. We recommend simply decluttering your work environment, adding significant photos or precious items that remind you of good times provides clear signal that you're working now and time to be left alone - headphones are a good one.

You can add standing desks and ergonomic chairs, but simply building a space you **WANT** to be in is the first step to **Positively Priming** your environment.

## POSITIVE PRIME SESSIONS

Of course, we'd save the best till last ;) We've spent decades building the holy grail of positive priming technology.



Just like the others, in as little as 3 minutes you can transform your mood and energy, except our Sessions take you on an audio-visual journey that can provide 6-8 hours of positive vibes throughout your day.

**We call this the after-glow.**

**Try 7 Days of Positive Prime  
FREE**

**Learn more about  
Positive Prime**

## BONUS: SLEEP

We spend on third of our life doing this so naturally we have to Positively Prime for sleep as well.



### Make sure you:

- Eat at least two hours before bed.
- Turn the lights down to dim after the sun goes down.
- Turn off all TV and devices 60mins before bed.
- Grab an awesome book, listen to a podcast or try some simple meditation.
- Still can't wind down? Journal about what's going on and give yourself permission to sleep with an open ended question. Science tells us that you'll probably have answered it by the time you wake in the morning.

Thank the powerhouse female Psychologist Bluma Zeigarnik for this extra special knowledge bomb.

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We'll be sending you more information on how to incorporate cutting edge Positive Priming techniques into your life, including guidance from master practitioners in the fields of healing, flow-states, manifesting your dreams, hypnotherapy, sleep science and peak performance.

If you have any questions please reach out to us at  
[support@positiveprime.com](mailto:support@positiveprime.com)

In gratitude,  
Kim Serafini

