



How to Block Out Negativity

Show Notes for The Fun Road Podcast:

No matter what, in life, you will always have people approach you with some sort of negativity when you're doing something that is different, better, more inspiring or achieving something more than they are. Is there someone holding you back from your goals? Is society holding you back?

What do you do when someone approaches you with a negative comment? When you get a negative message or comment on social media? Do you react and defend yourself instead of deleting the message or comment? How do you react when someone close to you like a family member or friend says negative things to you? When you are faced with that negativity, in order to maintain the relationship the negativity has to end.

If you are feeling insecure and lost from negativity in your life, try writing a list of things you are to remind yourself who you are. What can you offer to others when you show up and be yourself? Write specific examples of when you were brave, strong, funny, etc.

Kass and Steve talk about their tips for removing negativity from your life.

1. Find your strength. Write down your top 5 qualities to analyze where you are.
2. If you're on social media, unfollow people that plant negativity in your life.
You can also make a list of people that you know deep down inside yourself are stopping you from growing, and try to fix it
3. Block negativity, but don't be a negative influence in someone else's life.

Do not surround yourself with people who don't help you grow. When you grow up, you realize you can't seek validation from other people. Do not surround yourself with people who don't help you grow. Ask yourself: is this person supporting me? Are they important for who I want to be and how I want to grow? Let yourself be open to positivity in all its forms and with all your relationships.

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