

## Examples from Josh's Positive Aspects Process

*Here is an example from some of Josh's Positive Aspects. These statements were taken from multiple days of doing the process. As you can see, there are really no rules for what you should focus on. The only rule is that it is something that is EASY for you to appreciate or to feel good about!*

I enjoyed interacting with the people at Aaron's work; they all seemed really cool and fun.

I really liked meeting Peter Dale, he was very generous for opening up his house to everyone.

I really had a great time playing the piano last night; I love the feeling when time just stops and I flow so perfectly with the music.

I like the idea of having abundance flow to me from multiple streams and multiple sources.

I like waking up and being in the mindset of productivity and focus.

I really appreciate Kenny as a piano teacher and as a person. He's really helped me out a lot so far.

It's so cool that Amazon shipped me the camera stuff by the next day.

It's crazy to think I can buy something online and it comes right to my house in a day or two.

It's really amazing to think about the system of distributing things we have in this country.

I love Brendon's vibrancy and his enthusiasm and his zest for life.

He really is a brilliant guy and he has so many good qualities that I admire.

I am so excited about building a company that is worldwide and that has a huge impact on other people.

I am glad to have a nice toaster that will get the job done with everything.

The content for our 6-CD audio program has really fallen into place in a beautiful way.

It seems like every day we have another great idea that will move our business forward.

This training event in California will probably be a lot of fun and I can't wait to go experience it.

We might meet a lot of really interesting people who we can help out and who can help us move our business forward.

These socks are really awesome. They are really comfortable and they also go well with a lot of my clothes.

I like having a chair that fits my body perfectly and is really comfortable for me to sit in and do this positive aspects process.