

## **100 Ways to rise above**

The rungs on a ladder present a perfect visual for negativity – each rung looks like a minus sign – stepping up the ladder enables you to rise above.

Negativity is an opportunity for higher, greater thinking, exploring a bigger, better, wider, different angle, a new method or way. Negativity helps highlight a need to improve, invent and create – to overcome problems by finding solutions. Problem focus locks the problem in place – solution focus unlocks potential answers.

Whenever negativity arises, you can ask yourself “How can I rise above this?” Every failure is a new beginning – a chance to progress, to move forward and upward. Most negativity is a temporary setback, which halts positive progress whether negativity is thought based or action based. Most negativity is temporary.

When negativity arises a great processing method is to simply write it down or mind map it; capture the essence of the “problem”. Asking yourself questions such as “How can I move to another level?”, “How can I rise above this?”, “How can I raise my game?” helps you explore new steps and stages; new ways of seeing. Investigate what positive steps you might be able to take, contemplate new solutions and alternative answers.

Negativity is a chance, an opportunity to look and see anew.

Below are 100 ways to rise above. They represent 100 thought-provoking ideas for contemplation.

## **100 Ways to Rise Above**

1/100 Rise above negative thoughts by selecting more positive thoughts

2/100 Rise above imagined bad weather by removing the label "bad"

3/100 Rise above temporary failure by realising failure isn't final - try again

4/100 Rise above good & bad labels by dropping labels

5/100 Rise above problems by seeking and focusing on solutions

6/100 Rise above interesting to meaningful

7/100 Rise above thought-provoking & analysis to solution finding and sharing

8/100 Rise above your past & embrace the present

9/100 Rise above criticism and extract the good from any feedback

10/100 Rise above mistakes & cherish the lesson

11/100 Rise above a can't, drop the "t" and explore a can

12/100 Rise above individual expectations to common goals & unity

13/100 Rise above hoarding & excess & explore the simplicity of de-cluttering

14/100 Rise above being trapped in thought & free your mind

15/100 Rise above sense fulfilment & explore your senses to the full

16/100 Rise above outer thrills & seek inner calm

17/100 Rise above "if only" cherish "as is" & create "what if"

18/100 Rise above negative self-talk & practice positive inner dialogue

19/100 Rise above a noisy mind & sense the gaps

20/100 Rise above hearing & actually listen

21/100 Rise above anger and seek solutions

22/100 Rise above "should" and experiment with "could"

23/100 Rise above blaming & start aiming

24/100 Rise above the need of certainty & embrace uncertainty

25/100 Rise above reactivity & unlock your creativity

26/100 Rise above complexity & incorporate simplicity

27/100 Rise above time bound & consider the timeless

28/100 Rise above limitations & explore diversity

29/100 Rise above imperfections & accept individuality & uniqueness

30/100 Rise above approval seeking, drop the ego & be you - the real you

31/100 Rise above hypotheses to workable and practical

32/100 Rise above "What can I get?" to consider "What can I give?"

33/100 Rise above rushing & embrace the moment fully

34/100 Rise above delivery & exceed expectations

35/100 Rise above comfort to gratitude

36/100 Rise above the known & journey to the unknown

37/100 Rise above impermanence & embrace & celebrate every day

38/100 Rise above worldly possessions & enjoy health, value, love & real meaning

39/100 Rise above quantity & appreciate quality

40/100 Rise above rigid & fixed to flexibility, versatility & finesse

41/100 Rise above jargon & create user-friendly, transparent & direct

42/100 Rise above efficient to exceptional

43/100 Rise above pleasure seeking to pleasure giving

44/100 Rise above vision to provision

45/100 Rise above reckoning to reasoning

46/100 Rise above insightful to delightful

47/100 Rise above one tracked to multi-dimensional

48/100 Rise above short-term satisfaction to long-term contentment

49/100 Rise above brilliant to outstanding

50/100 Rise above the ordinary & reach for the extraordinary

51/100 Rise above the picture & the thousand words to float & dream in space

52/100 Rise above the walls & move beyond the boundaries

53/100 Rise above the year & consider 100 years from now

54/100 Rise above tightness & sense the freedom of letting go

55/100 Rise above the commotion & pause

56/100 Rise above ground level and soar in the open skies

57/100 Rise above other-investigation to self-investigation

58/100 Rise above logic to imagination

59/100 Rise above finality to flexibility

60/100 Rise above destination to journey

61/100 Rise above yesterday to today

62/100 Rise above specialness to uniqueness

63/100 Rise above words to the wordless

64/100 Rise above frustration with creation

65/100 Rise above needing to helping

66/100 Rise above "Why?" to "Why ask why?"

67/100 Rise above imperfect to I'm perfect

68/100 Rise above yardsticks & create a new measure

69/100 Rise above repetition to expedition

70/100 Rise above doubt by recognising doubt is thought

71/100 Rise above bad habits by replacing with good habits

72/100 Rise above discounts to enhancements

73/100 Rise above short-lived to legacy

74/100 Rise above the muddle & restart from clarity

75/100 Rise above rules & consider new options

76/100 Rise above small problems by considering the vastness of the universe

77/100 Rise above differences to embrace similarities

78/100 Rise above temporary imbalance to celebrate harmony

79/100 Rise above scepticism & bath in potential

80/100 Rise above problem seeing to problem solving

81/100 Rise above illusion & permit yourself to dream

82/100 Rise above disbelief & entertain wonderment

83/100 Rise above knowing & embrace new learning

84/100 Rise above seriousness & entertain a fantasy

85/100 Rise above the commonplace to the rare

86/100 Rise above the already learned & welcome curiosity

87/100 Rise above winning & enjoy taking part

88/100 Rise above insults & focus on the millions of good things

89/100 Rise above certainty & explore fascination

90/100 Rise above what you can't do & focus on what you can do

91/100 Rise above need to choice

92/100 Rise above longstanding rules & invent new rules

93/100 Rise above the drama of the moment to a year from now

94/100 Rise above imagined superiority of humans & embrace the planet

95/100 Rise above conditional love to unconditional love

96/100 Rise above what's wrong & focus on what's right

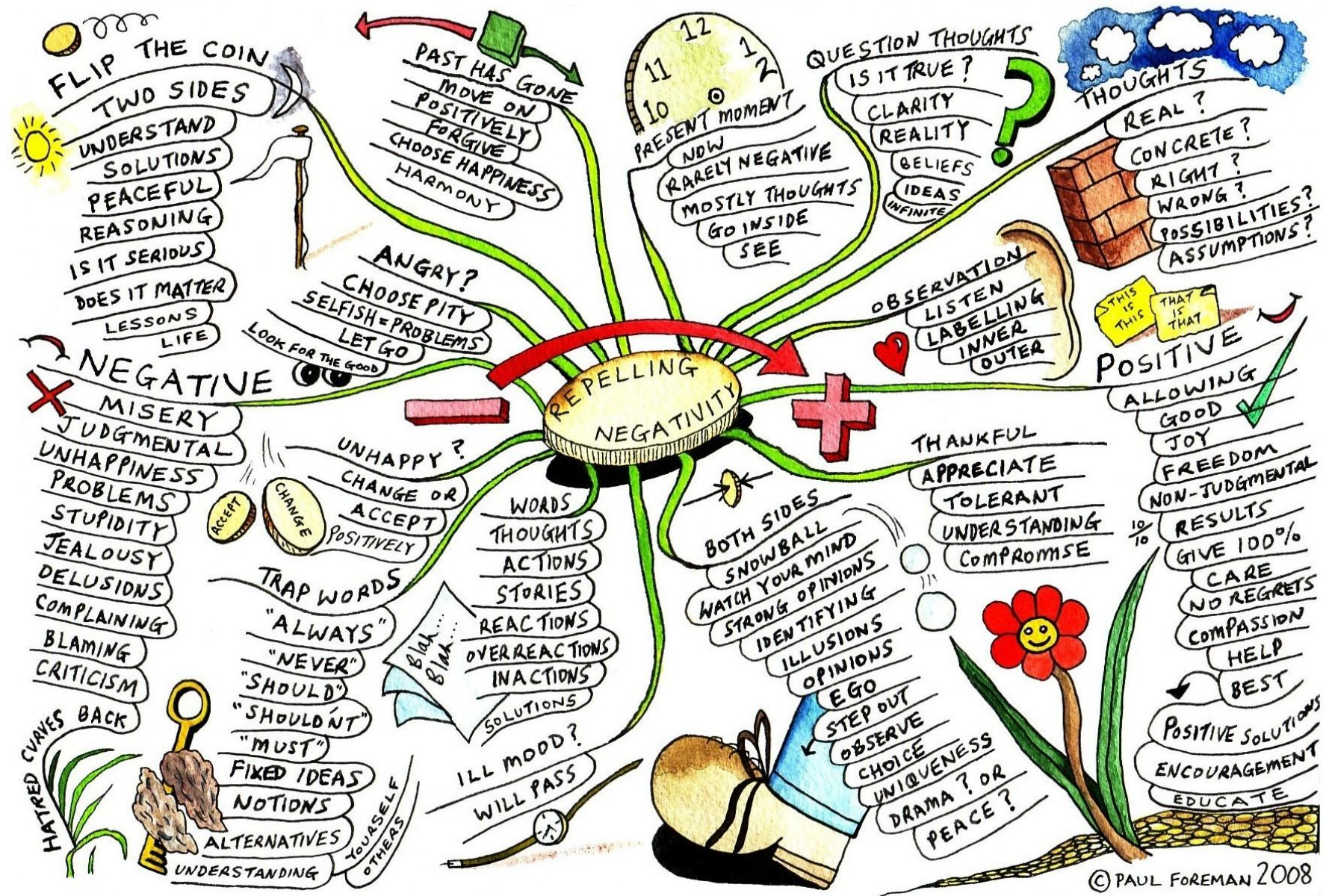
97/100 Rise above the planet & contemplate the universe

98/100 Rise above walls of confinement to the potential of infinity

99/100 Rise above what you think & explore what you feel

100/100 Rise above for an aerial view







To see more Mind Maps by Paul Foreman visit the  
Mind Map Inspiration Website [www.mindmapinspiration.co.uk](http://www.mindmapinspiration.co.uk)

and

Subscribe to the Mind Map Inspiration Blog to receive  
new Mind Maps, plus creativity and drawing tips.

Blog at [www.mindmapinspiration.com](http://www.mindmapinspiration.com)

Mindmaps ® were invented by Tony Buzan

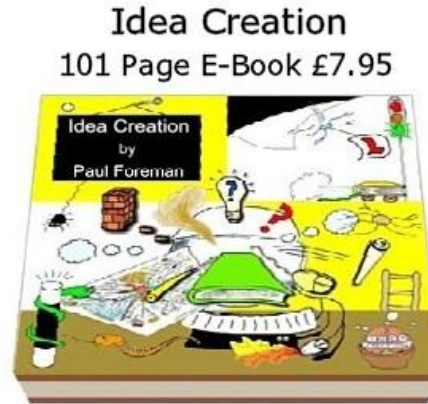
They help us progress from "linear" (one-dimensional) through  
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.

For more information see his books and visit the following website:

[http://www.thinkbuzan.com/uk/a\\_id/4b6af8ce8268d](http://www.thinkbuzan.com/uk/a_id/4b6af8ce8268d)

(Affiliate link)

E-Books available from <http://www.mindmapinspiration.co.uk> including:



In this E-Book I share how I create ideas and help guide you towards the land of infinite possibilities.

**Never be stuck for an idea again!**

### **Contents**

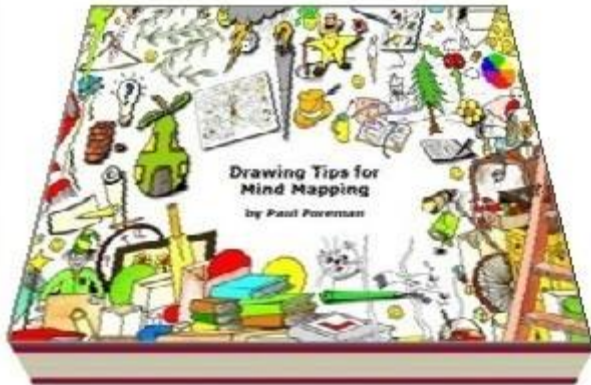
- Why simple is often best
- Fresh ideas
- Use thinking – don't let it use you
- Lifespan of an idea
- Simplicity of an idea
- Everything stems from a thought
- Planning ahead and the bigger picture
- Sparkling ideas
- Random thinking styles
- Creativity Toolkit
- Outside the box outside the box
- Ideas don't dry up – thoughts do
- Constant Daily Learner
- Land of infinite possibilities

**Includes the following Mind Maps:**

- 5W1H
- Idea Creation
- Topical Ephemeral or Practical Immortal
- Theory of the Brain
- Idea
- Planning Ahead and the Bigger Picture
- Sparkling Ideas
- What is Original?
- Thinking Styles
- Thinking styles template
- Creativity Toolkit Mind Map
- Planetary Thinking
- 360° Thinking
- Creative Focus
- Odd Combinations
- Thinking outside the Box
- Thinking outside the Box Checklist
- Curious Brain
- Constant Daily Learner

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110 Page E-Book £5.95



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Mind Map Templates

Drawing Curves & Shapes

Detailed breakdown of "Fantasy Mind Map"

Enhancing Creativity through Thought Reduction

Drawing Speed Tests

Drawing Faces

Lettering

Photo to Cartoon transfer

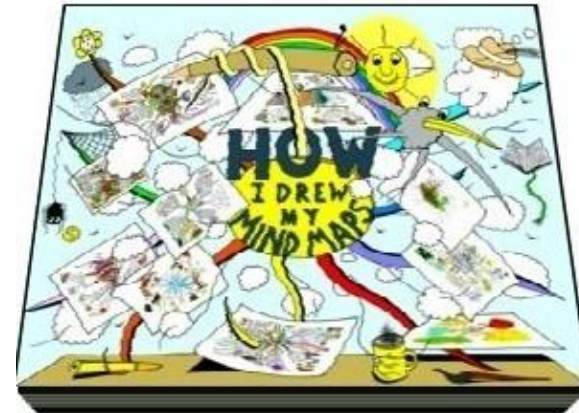
Drawing Tips and Tricks

Doodleboards

Mind Maps

## How I drew my Mind Maps

71 Page E-Book £6.95



Learn how to take your drawing to the next level  
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Including:

The thoughts behind the maps

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Colour placement

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Detailed image analysis

Illustration walkthrough step by step

Fast sketching

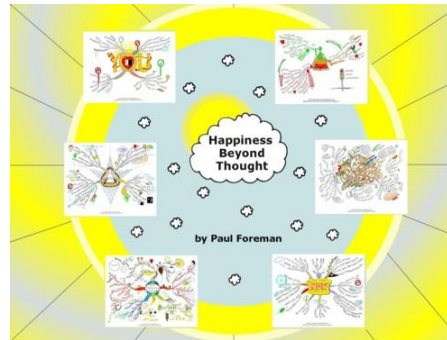
Idea generation

From a simple line and curve to an image

Overlap and 3D

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Discover true happiness and inner peace

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Learn how to meditate, relax your  
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How to stay in the present moment

How to let go, find simplicity and  
transform your life for good

Simple tips and strategies for  
a harmonious and stress-free life

**Includes:**

Happiness is your primary state  
Stop Thinking  
Happiness is inside you  
Go Within  
Meditation  
Organisation – Inner & Outer  
Coming back to now (Present Moment Awareness)

**Includes the following Mind Maps:**

Happiness is your primary state  
Stop Thinking Tips  
Happiness is inside you  
Go Within  
Meditation  
Organisation  
Present Moment Awareness  
Positive Acronym Your Name  
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Plus a Bonus Mind Map



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