Twitter Thread by Tyler Todt



Tyler Todt
@tyromper

I was asked yesterday on a coaching call how I'm always positive :)

This has been an intentional choice & something I've worked hard at for years now!

■You can't be grateful & grumpy at the same time!!

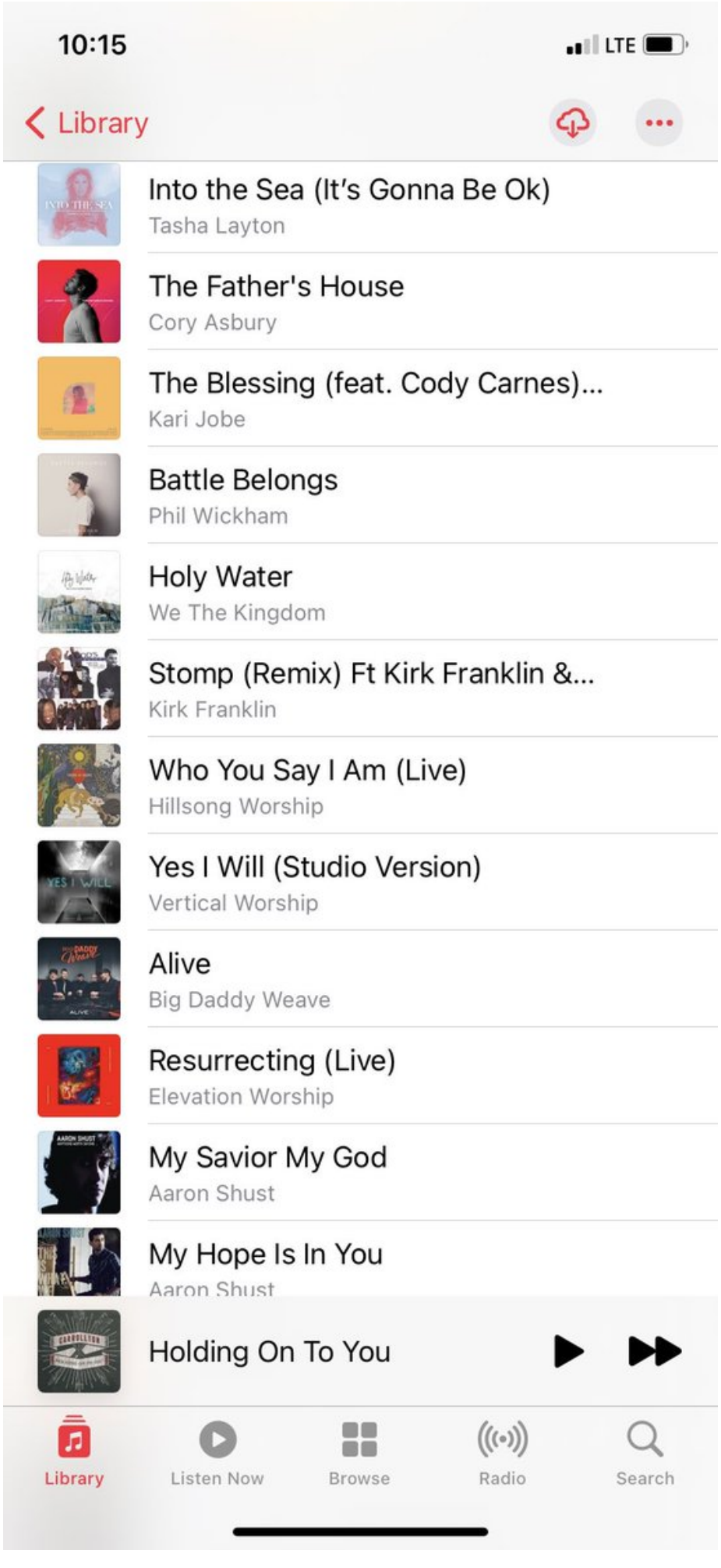
■I curate my entire life around positivity.

Strategies I use: ■
■■

■I never watch sad movies or horror movies.
If I'm watching movie it's going to inspire or educate me.

■I never listen to sad music.
All praise music that floods my soul.
I dance & sing often too :)

■I don't follow toxic people.
Only Champs that inspire me on my timeline!■


10:15
LTE
Library
Into the Sea (It's Gonna Be Ok)
Tasha Layton
The Father's House
Cory Asbury
The Blessing (feat. Cody Carnes)...
Kari Jobe
Battle Belongs
Phil Wickham
Holy Water
We The Kingdom
Stomp (Remix) Ft Kirk Franklin &...
Kirk Franklin
Who You Say I Am (Live)
Hillsong Worship
Yes I Will (Studio Version)
Vertical Worship
Alive
Big Daddy Weave
Resurrecting (Live)
Elevation Worship
My Savior My God
Aaron Shust
My Hope Is In You
Aaron Shust
Holding On To You
Library
Listen Now
Browse
Radio
Search

■I don’t follow politics or the news at all.
My wife said on Jan 25th something about President Biden & I had no clue he had been inaugurated ■
He’s President now?!

Maybe that’s bad,
but I feel I affect the most change in the world from within myself, my home & my community.

■I don’t allow toxic or negative people on social media or real life.
I block frequently if they are toxic online.

In real life it’s harder, but necessary.
We recently cut out 2 family members that were critical & negative about our mission to foster.
We don’t need that!!👌■



I cut out a long time friend of 16 years that wouldn’t stop talking about politics & Cvoid nonstop.

I asked him to stop & offered to talk other topics but when he persisted & I felt my anxiety rise every time he text,
I decided my peace was more important during this season.

■I constantly audit where my focus, thoughts & goals are.
■I am very intentional to pause throughout the day several times & reflect on controlling my thoughts & ensuring they are serving me!!
■I have journaled what I’m grateful for 985 days in a row :)

■My wife & I talk wins & how we can build one another up!!
■Putting my daughter to bed every night we talk about what we are grateful for & why we need to give back & be thankful.
■My conversations with friends are similar!
We are getting better let’s go!■■■



I take some flack for this.
That’s ok :)

Tyler lives in the clouds, he’s not in reality...

We create our reality!!■■

I control my inputs & then I GET TO live a life full of joy, peace & positivity!

Challenges & setbacks happen daily.
I CHOOSE to see them as opportunities.

I don’t always succeed.
I have days like everyone else I wake up “off” cranky, tired, agitated etc.

I fight hard on those days sometimes taking 7-8 mini breaks to
“Reset my day”

-I’ll meditate & visualize winning
-praise music & give it to God
-breath work
-journal gratitude

@naval had a great quote,

“If you are so smart, why aren’t you happy.”

I prioritize my happiness & my peace & CHOOSE everyday to see the good & be positive above all else.

I hope you CHOOSE to be happy & positive as well today!!

IMO, it’s how we change the world!!
❤■■