

10 WAYS TO CHANGE YOUR THOUGHTS

1 - Accept your thoughts

Let them flow while paying attention

2 - Write them down

Writing down your thoughts is a powerful way of bringing them to light and making sense of them.

3 - Meditation and Breathing Exercise

These can also be done at work. Some meditations can be very short and breathing exercises can take just a few minutes to re-center yourself.

4 - Gratitude and Wins

Most people understand gratitude but forget to write down their wins for the day. No matter how small, write down what you got done today.

5 - Replace the Negative Thoughts

Play with the negative thought and find opposite words in the positive.

6 - Ask Yourself what you would say to a Loved One

What would say to someone you care about if they were saying the same negative things that you are thinking about?

7 - Exaggerate the negative thought to the limit of ridicule

Make the fear or negative 100 times bigger and then laugh and release. Examples are easily found in some teenage movies or cartoons so you can use your imagination.

8 - Stop watching too much News

Knowing what is going on in the world is one thing but watching too much and dwelling on it is not good. Get the news you do watch from legitimate, reliable sources. Some companies distort, sensationalize and even create (false) news in order to increase ratings and it is most often negative.

9. Use Affirmations

When you wake up, you want to start your day with positive affirmation. Choose the ones that resonate with you the most and print them and hang them everywhere, like the bathroom mirror, the refrigerator, your car and your office.

10. Read and watch spiritual content

Reading books that bring growth to you and watching movies and programs that uplift you.

*Mind Heart & Soul
Harmonization*