

Your Thoughts Are Powerful:

Learn To Think Thoughts That Energize And Build You *Up*

Practice Exercise

to

Shift From Negative Thought Patterns

Instructions: Each time you find yourself engaging in a self-defeating thought, complete the steps below.

Step One : Write the self-defeating thought you are thinking.

Step Two. Are you *100% sure* that the above mentioned thought is true? Circle: Yes or *No*. If you answered yes, write out the thought that caused you to answer yes. Then, ask yourself the same 100% question about the second thought you answered yes to. Keep this process going until you can answer "no" to the 100% question about the self-defeating thoughts that keep emerging.

Step Three: What are you *achieving* by thinking the self-defeating thought? How is it helping you? Is it working for you?

Step Four: Who would you *be* without the self-defeating thought? The purpose of this question is to get you to mediate on, internalize and realize you are not your thoughts.

Step Five. How would you *feel* without the self-defeating thought?
Check all that apply:

- Happier
- Relaxed
- Peaceful
- Calm
- Confident
- Content
- Other
- Better

Step Six: Replace the self-defeating thought with a powerful thought.

Step Seven: Repeat the power thought to yourself 3-5 times a day. This step is very important to begin the process of directing your mind. Remember the mind is not your master; it is your servant.

Step Eight: List as many things you can think of that you are thankful and grateful for. It could be the air you breathe, shoes to wear or something as simple as having your own toothbrush.

Step Nine: Write out your dreams, goals, ambitions, desires?

Step Ten: Give yourself at least one affirmation a day. Think of an affirmation that's designed to cancel out your self-defeating thought.

(Example):

Self-Defeating Thought: I am not worthy of being loved.

Affirmation: I am worthy of being loved and treated with respect.

Step Eleven: Do something nice for yourself for completing steps 1 through 10.

Remember, it is necessary to complete this exercise every time a self-defeating thought enters your mind. Don't allow it to simmer. If practiced with frequency, eventually, you will be able to do the exercise within minutes in your head.

Congratulations! You are on your way to being the Master of your mind.

Change your thinking and change your life. Sondra-ism