



LifeManifesting.com

CHANGING THOUGHT PATTERNS

OBJECTIVE: 10-day exercise to increase presence in the moment and introduce tools that encouraging empowering thoughts and self-talk. Demonstrates how it feels to break out of old patterns to create a new reality



Part

1

Choose an area of improvement or something you tend to think negatively about.

Example: *Rushing*

Come up with (3-5) affirmations that counter any negative thoughts about that idea. Affirmations must be positive and present tense with language that holds you accountable. (Use words like Am, Will, Have instead of wish, hope, pray, try, going to.)

Example Affirmations:

- *I am mindful of my time and I use it wisely.*
- *I get to work safely and on time with ease.*
- *I stick to my morning routine consistently to keep my day on track and manage my time accordingly.*

Repeat the affirmations throughout the day, at least 7 times.

Use a cue that will remind you to affirm yourself whenever you see it. The cue can be jewelry, a water bottle, or your phone screensaver.





CHANGING THOUGHT PATTERNS

OBJECTIVE: 10-day exercise to increase presence in the moment and introduce tools that encouraging empowering thoughts and self-talk. Demonstrates how it feels to break out of old patterns to create a new reality

Part

2

On the odd days of the exercise (1,3,5...) do something that deviates from your regular routine.

Drive a different way to work. If you usually go to a certain grocery store, go to a different one or to the same chain in a different location. Aim to switch up a different habit on each of the odd days.

On even days (2,4,6...) do a normal, everyday activity with your non-dominate hand.

Examples: *brushing your teeth, eating, texting.*

Journal about how you feel at the end of each day.

- What did you did well? What do you need to work harder on and how do you plan to do so?
- Examine the root of the initial, negative thought. Figure out when you started to believe it or feel that way. This will help you to 1. Create stronger affirmations and 2. Have a clearer picture of how to create and maintain a positive mindset.



Like this exercise? Share your experience with us!