



CHANGING THOUGHT PATTERN

10-day Exercise; *The purpose of this exercise is to introduce you to tools that enable you to ensure that the things you say/think about yourself are in your best interest while still being honest. This exercise will also show you what it feels like to be present and to break out of old habits and patterns to create a new reality. This exercise is the most effective when you focus on changing one line of thinking at a time. You can repeat as necessary for whatever negative thought pattern you wish to let go of.*

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

- Example: "I hate rushing."

Come up with (3-5) affirmations that counter any negative thoughts about that idea.

- Affirmations must be positive and present tense with no uncertain speech or language that puts another entity responsible. (Ex. Use words like Am, Will, Have instead of wish, hope, pray, try, going to)
 - o Example Affirmations:
 - I am mindful of my time and use it wisely.
 - I get to work safely and on time with ease.
 - I stick to my morning routine consistently and it helps me to keep my day on track and manage my time accordingly.

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

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

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 instead of repeating.

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

- Examples: brushing your teeth, eating, texting.

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

- Discuss what you did well, what you need to work harder on and how you plan to do that the next day.

Tip: In your journal, try to 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.



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