



Mother Jai's Wellness
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THOUGHT AWARENESS

Becoming aware of your thoughts, thinking rationally about life situations, and positive thinking are three powerful tools that will help you achieve success. These tools will help eliminate harmful thought patterns that damage your self-confidence and sabotage your success. Negative thinking is damaging to yourself and can cause stress or tension headaches, make you feel ill in the stomach, bring on an anxiety attack, or stop you from speaking your truth. Negative thoughts have been found to criticize your actions, put yourself or others down, expect failure, doubt your abilities, fear success, worry about the past or the future, and so on. Thoughts are like a broken record and often play without our awareness repeatedly in our minds. These thought patterns come from our childhood or past experiences. They affect the way you think, feel and behave. To effectively change negative thinking, you should become aware of your thoughts. You can't change what you don't know.

Step 1: some ideas to assist you with becoming more intimately aware of your thoughts.

- Observe your thoughts at a specific time each day. Allow your thoughts to flow as they usually would –observe them as if you were watching a movie. It is important at this stage NOT to stop them, just watch them.
- Write down all your thoughts for 5 minutes. Keep writing any thoughts that come in your mind during these five minutes.
- Write down your thoughts when are you under stress, feeling anxious or frustrated.
- Keep a thought journal and write in it randomly throughout the day.
- Take notice of the difference between how negative thoughts make you feel, and how positive thoughts feel in your body.

Write your thoughts below:

[illegible]

Step 2: Thinking about your thoughts.

What are your thoughts telling you about your life?

How are your thoughts affecting your behavior?

How do your thoughts make you feel?

Write down 5 thoughts that would make you feel successful.

Step 3: Investigating negative thinking: Looking at negative thought patterns.

Write down those recurring negative thoughts. What keeps coming up?

Are they relevant to any worry or concern you have?

How do they affect your stress levels?

Are they thought patterns you learned during childhood? Describe how or why?

How do these negative thought patterns hinder you from achieving the success you desire?

What benefits or rewards would you get from changing your negative thoughts?

Are these negative thoughts relevant to your current life situation? How or why?

What was the situation or event that first started these negative thoughts?

How do you feel about the situation or event now?

Step 4: Transforming Thoughts

Now focus on and change your negative thought patterns to positive ones. This will generate positive and uplifting changes in your life. Every time you notice a negative thought in your mind speak directly to it and say STOP. It may be a worried thought about the future or an irrational one that makes you feel anxious and stress. Whatever the negative thought is reason with it and tell it that you don't want to think that way anymore. I treat negative thinking as a young child who is saying something silly. I laugh, shake my head and say, "now that's not really true". and then replace the negative thought with something positive, "I believe in myself and CAN do this!" Every successful person in the world uses positive thinking to achieve their goals. In some form or other they are repeating a very powerful thought in their mind which give them the success they desire.

Choose a goal you believe is worth working towards. Catch any thoughts that are not aligned towards that goal and change it to something more empowering and positive. Change your thoughts, positively change your life.

Some positive thoughts you might like to use:

- I can achieve my goals by following certain steps.
- I am willing to change and grow.
- I am completely myself, and people like me for who I am.
- I am in control of my life. My actions create my reality.
- I learn from my mistakes. They give me insights into valuable lessons.
- I love myself, just the way I am.
- I am worthy and will try my best to accomplish my goals.
- I am successful at everything I do!
- I am worthy of respect and unconditional love.
- I deserve the best in life.

Of the negative thoughts, you wrote on the first pages, write them and their opposite here. Return to this page often as a reminder of a better, healthier way to think.

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