



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:

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?
