## HOW TO TURN AROUND NEGATIVE THINKING

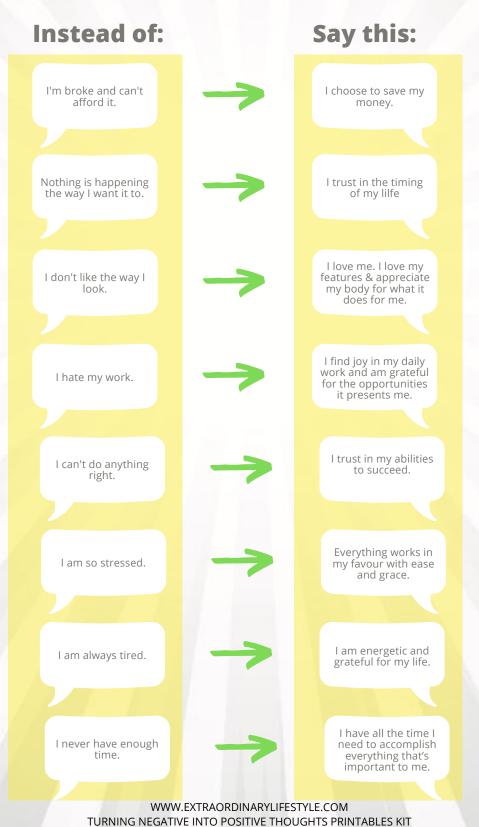
QUESTIONS TO ASK YOURSELF WHEN A NEGATIVE THOUGHT HITS YOU

- 1. Did this thought pop out of nowhere? Is it based on an anxious thought?
- 2. Do I believe it? Is it actually true?
- 3. If it is true, can I do anything about it? Will someone be hurt if I don't act on it?
- 4. Is it based on an assumption of some sort that I am making? Am I assuming the worst?
- 5. If I step away from the situation for a little while, will it ease my nerves?
- 6. What have I learned from this belief? Has it been useful? Next time it comes up will I know how to react to it?

## TAKE A BREATH, REFLECT AND LET GO

## IMPROVE YOUR LIFE WITH THESE GREAT TURNS OF PHRASES

WORDS MATTER. HOW YOU SAY THINGS IS IMPORTANT. CHANGE THE WAY YOU THINK BY CHANGING THE WAY YOU SPEAK. CHANGE NEGATIVE THOUGHTS TO POSITIVE ONES. SPEAK MORE POSITIVELY. IMPORTANT TURNS OF PHRASES FOR LIFE. AFFIRMATIONS FOR BETTER LIFE.



## SILENCING NEGATIVE THOUGHTS WORKSHEET

THE MORE YOU CHALLENGE YOUR NEGATIVE THOUGHTS WITH POSITIVE ARGUMENTS, THE EASIER THEY WILL BE TO IGNORE AND, EVENTUALLY, THE LESS THEY WILL HAPPEN. FOCUS ON WHAT YOU ARE DOING AND WHAT YOU CAN DO IN THE PRESENT MOMENT TO BRING YOU CLOSER TO YOUR GOAL ACTIONS AND FORGET ABOUT WHAT HAPPENED YESTERDAY AND WHAT COULD HAPPEN TOMORROW.



- 01. I can do hard things.
- 02. I am Loved.
- *03.* I am Important.
- 04. I am kind to myself and others.
- 05. I believe in myself.
- 06. I am beautiful inside and out.
- 07. I do not give up.
- 08. I love myself as I am.



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