



## How Do I Control My Thoughts?

Contrary to popular belief, you **do** have control over your thoughts. In order to step into your power, first, you gotta become aware of what you are currently thinking and why.

**Ask Yourself:** Is this thought intentional? Why are you thinking it? Is it what you want to think, instead?

Don't allow your thoughts to control you! Watch and notice your thoughts. Once you start paying attention to them, you can change them. **All** thoughts are optional, so be intentional in the thoughts you choose to keep thinking. And when you **do** have negative thoughts...nothing is wrong with that! Its not about what you initially think...its about the thought right after that! Right after a thought, ask the questions above. Your **thoughts** can lead to feelings that do not serve you. If you don't check your feelings, they could cause you to act or react in a way you don't want to.

Once you're aware of your thoughts, the feelings they cause, and how you react to them, you can begin to catch yourself **before** you react. Realizing that it all starts with our thoughts, we can then go to the ultimate step of changing what our brains are focusing on. **THAT** is how you control your thoughts.

Once you have control of your thoughts, give your brain something positive to focus on so it doesn't go back to the old negative thought patterns that are familiar and easy.

Focus on the goals that you have for your life!

It is all about **choosing** to think and feel in a way that will serve you.

No one's in control of you, but **you**.