

TAKE A TOUR OF YOUR MIND...

1. Memories - thoughts about the past
2. Subconscious thoughts
3. Judgments
4. Negative self-talk
5. Positive self-talk
6. Plans
7. Appreciation
- 8.
- 9.
- 10.

- Think about your brain as a container of thoughts with a limited amount of fuel to think them.
- You want them organized, in order, and deliberate.
- Most of the time, thoughts are just random, unfocused, and overwhelming.
- When you let your mind go, where does it go? What do you think about?
- Obsessive thoughts.
- Habitual thoughts.
- Thoughts that create a desire for buffering.
- The process is to clean out and organize your mind like you clean out and organize your house or your closet.
- What do you need to let go of?
- What is outdated and no longer useful?
- What don't you want to think about anymore?
- What do you want to fill your mind with?
- What do you want to use your mind to create?

TWO OF THE BEST TOOLS TO DIRECT YOUR MIND:

1. ASK QUESTIONS
2. SEEK SOLUTIONS

High quality and luxurious thoughts are within your reach when you are deliberate.

EXERCISE

1. WHAT THOUGHTS DO YOU THINK THE MOST? MAKE A LIST.

2. IS THIS WHAT YOU WANT TO BE USING YOUR BRAIN FOR? WHY OR WHY NOT?

3. WHAT DO THESE MOST COMMON THOUGHTS CREATE IN YOUR LIFE?

ORGANIZE YOUR MIND



4. WHAT THOUGHTS ARE YOU READY TO LET GO OF FOREVER?

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5. WHAT THOUGHTS HAVE YOU INHERITED BUT DON'T REALLY LIKE OR WANT TO KEEP?

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6. WHAT THOUGHTS DID YOU NOT EVEN KNOW YOU WERE THINKING?

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7. WHAT THOUGHTS DO YOU WANT TO THINK HABITUALLY?

