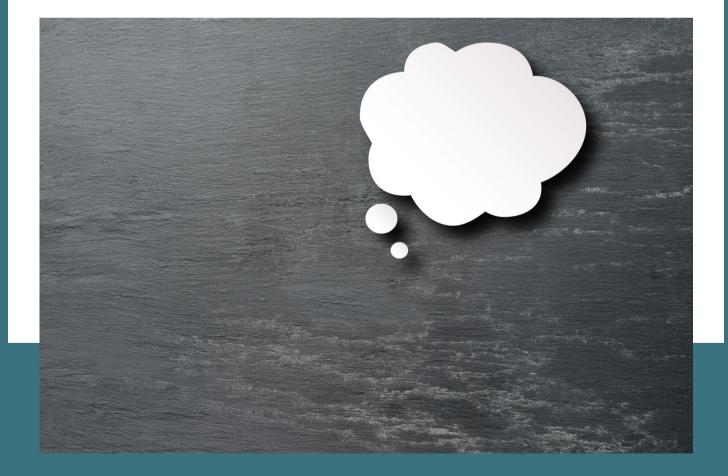
SIMPLIFY YOUR THOUGHTS

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Introduction

SIMPLIFY YOUR THOUGHTS

Simplifying your thoughts will make a huge difference in your life! So much is determined by how we think and feel about what is going on around us. That's great, because even if we can't change the situation, we can change our thoughts and see an immediate difference.

In this workbook, we're going to work on changing our thoughts in the moment they happen, and also working ahead to create new thought patterns in our minds. Simplify Your Thoughts Foundation:

- In the Moment
- Thought Practice

Journaling

Thought download exercise. Imagine a situation where you feel overwhelmed. Picture all the details; picture yourself there. Then write down all the thoughts that are going through your mind in that situation. Don't edit yourself. Write whatever comes to mind.

TINY HABITS FOR THOUGHT WORK

Trigger: When I feel_____ Tiny Habit: Reward:

This habit is situational. It is triggered by a feeling. When you feel that feeling, get in the habit of working on your thoughts.

Trigger: Tiny Habit: Reward:

You can also create a tiny habit to work on your thoughts regularly. Practice training your mind to think what you want to believe.Over time, you will create new thought patterns in your mind.

Thoughts Range of Possibilities

What new thoughts/ mantras would you like to incorporate? List ideas below.

What one thought habit will you begin?

What is the minimum for this thought?

What is the maximum for this thought?