

SIMPLIFY YOUR THOUGHTS

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Introduction

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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

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.

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What one thought habit will you begin?

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What is the minimum for this thought?

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What is the maximum for this thought?

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