



How to Shift Your Thoughts

from Christine Rapp, Ph.D.

- 1 / Use the mindful practice of self-awareness to observe your thoughts with love and acceptance.
- 2 / Recognize what arises within you and allow it to simply be. Every thought has a purpose—it offers insight into your inner world and highlights where gentle shifts may bring more peace and alignment.
- 3 / Journal your current thoughts down and, if you resonate with the process in this workshop, use it to explore truths and wounds which appear in your story or thought pattern.
- 4 / Rewrite this thought pattern to reflect a positive, empowered and loving thought pattern. Replace the negative thought pattern with this new one, whenever you find yourself repeating old beliefs.
- 5 / Look for positive evidence in your life to support your new stories about yourself. Journal about moments when you feel loved, accepted, appreciated, recognized, fulfilled, or at peace. Recall this evidence and your new story often.
- 6 / Practice gratitude for all experiences, they offer you opportunities for growth and to be the creator the life you want and deserve to live.

*With love,
Christine*