



TIPS for Changing Thought Patterns



- 1 / Use the mindful practice of self-awareness to observe your thoughts with love and acceptance.
- 2 / Recognize and allow what exists in your thoughts in that moment to be as it is. It is there for a reason and offers you insight into your well-being and where adjustments can be made.
- 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, at peace.
- 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*

