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My thoughts are under my direct control. When my thoughts are displeasing to me, I take control of the situation and redirect them. **I strive to maintain thoughts that are both helpful and pleasing to me.** I can choose thoughts that serve me.

Everyone has the power to change their thoughts. I am developing this skill and getting better at it each day.

When I control my thoughts, I control my mood and my actions. The thoughts I permit to exist ultimately determine my results. I consciously choose what I want think about. My ability to do this is growing by leaps and bounds.

When my thoughts are distracting, disruptive, or ineffective, I take control of the situation. **I consider which thoughts would be most beneficial and change the direction of my thinking.**

Once I choose a new thought, I can maintain it with minimal difficulty. My mind is strong and capable.

My thoughts can alter my circumstances. I can alter my life and my experience in the world by changing my thoughts. Thoughts lead to actions. Actions lead to results.

Today, I actively manage my thoughts. I only entertain thoughts that propel me forward in life. **I block negative thoughts from remaining in my mind.** I control my thoughts and my focus. I have the power to change my thoughts in an instant.

Self-Reflection Questions:

1. When am I most likely to have negative thoughts? What have these thoughts cost me?
2. What are some positive thoughts I could have more frequently than I do now? How can I encourage these thoughts?
3. How can I strengthen my ability to control my thoughts?