

I OBSERVE MY THOUGHTS AND ACTIONS WITHOUT JUDGEMENT

I observe my thoughts and actions without judgement.

My thoughts are largely random things. I watch them come and go without judging them harshly. I know that the human brain is a thought-generating machine. That is just what it does. **The quality of my random thoughts is meaningless.**

I am separate from my thoughts, like a person sitting in a movie theater. I notice my thoughts, but avoid becoming emotionally involved with them. My thoughts are like a movie. I can choose to maintain emotional distance from them.

I make of game out of observing my thoughts. They can be so random and odd.

I maintain a sense of calm and tranquility, regardless of my thoughts. **My thoughts are excellent practice for dealing with everyday life.** Staying relaxed when faced with uncomfortable thoughts is the first step to remaining relaxed during life's challenges.

I also avoid judging my actions. Instead, I evaluate my actions and determine the

changes I should make in the future for more pleasing results. I do this from my own personal judgment-free zone.

I examine my actions objectively and make the necessary adjustments.

Today, I am amused by my thoughts. I am reviewing my actions in the absence of judgement. I am choosing to be at my best. I can only do this by being kind and considerate to myself. I observe my thoughts and actions without judgement.

Self-Reflection Questions:

1. How much time do I spend each day judging myself? Has it ever helped?
2. What do I accomplish my judging myself harshly?
3. What would my life be like if I stopped judging myself?