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I choose to be in control of my thoughts. My thoughts lead to my actions. I can choose my actions by managing my thoughts successfully.

Though it can be challenging to control my thoughts at times, I find I am very successful at it. **I have the focus and determination to control myself.** I exclude negative thinking and maintain positive thoughts.

I begin my day by making my purpose clear to myself and the world. Once I know what needs to be done, I can focus my thoughts in the right direction.

My thoughts are in line with my values. My values guide my choices and thoughts. **I know I am on the right path when my goals, thoughts, and actions are in alignment with my values.** Reviewing my values daily keeps them fresh in my mind.

I practice controlling my thoughts throughout the day. I focus on the task at hand and avoid allowing my focus to waver. Through practice, I build my ability to control my thoughts.

Controlling my thoughts is the greatest power I have at my disposal. Controlling my thoughts allows me to control everything else about myself.

Today, I only entertain thoughts that serve me. I have positive thoughts that align with my goals. I feel more powerful than I ever have before. My thoughts are under my control.

Self-Reflection Questions:

1. When do I find controlling my thoughts to be the most challenging?
2. How would my life change for the better if I had more control over my thoughts?
3. How can I practice controlling my thoughts during my day?