



Thought Management Strategy

STEP 1:

Become aware of reoccurring thoughts that do not serve you and list them here

Example: Fear that I am not smart enough to succeed at work and will get fired

Criticism for my body not being perfect

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STEP 2:

Remind yourself they are from your Little Voice or Ego and why they are not serving you

Example: The Fear that I am not smart enough to succeed at work is ridiculous because I am smart and driven. Everyone is pleased with my input or performance. Thinking this way only distracts me and reduces my confidence level.

Criticizing myself for my body is not going to help me become healthy or feel good about myself. I know that there is no such thing as perfect and that my body is not a reflection of how amazing I am.

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STEP 3:

Get curious about where they are coming from and why this should no longer have power in your life.

Example: The fear that I am not smart enough might come from not doing well in elementary school and having my parents disappointed in me. What happened then should have no bearing on how I feel now.

My criticism for my body might come from my mom being obsessed with her vanity and dieting. I recognize that she spent way too much time and energy on this and I will not do the same.

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STEP 4:

Thank your Little Voice and let the thought go without self judgement or negativity

Example: : I appreciate you trying to make failing predictable if I ever lose my job but I am going to stay focused on how amazing I am doing right now. I know worrying or being attached to my job will not serve me. I trust all will be work out. I don't need to wonder why I am having this thought or do anything about it. I love and accept myself with or without thoughts like this.

I am grateful you are worried about me having a perfect body because you believe I will be happy if I did but it is not important to me. I know focusing on this is a waste of energy. I am committed to being emotionally and physically healthy in spite of what my body looks like. I know it is just silly to worry about having thoughts like this and will just choose laughter and love.

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