



Daily Reinforcement: Notice, Stop, & Shift

Time: 5 minutes

Step 1

Find a quiet place to sit down. Close your eyes and listen to your breath. On the inhale, say quietly to yourself, "Inhale." On the exhale, say quietly to yourself, "Exhale." Do this for one minute to clear and calm your mind.

Step 2

Think of a time when your thoughts ran away with you in a negative direction. Perhaps you made a big mistake, someone called your idea impractical, or you failed at something. Capture what you said to yourself at that moment.

Step 3

Record some questions you could ask yourself that you could use to shift your thoughts to a more positive track when faced with a situation like that in the future. Below are some suggestions to get you started.

- Is this something I believe or what someone else believes?
- What facts do I have to back up this thinking?
- What did I learn from this experience that will help me in the future?
- What did I do well and how do I keep doing more of that?
- What am I grateful for right now?

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