



directed thoughts

by Kat Artemis

YOUR THOUGHT SELECTION GUIDE

Introduction: Harness the power of your thoughts with this concise, easy-to-use guide designed to help you create a positive mindset. Use these exercises and insights to start transforming your mental landscape today!

Quick Start Guide to Choosing Your Thoughts

1. Understanding Your Current Thought Patterns:

- Activity: Spend 5 minutes jotting down any thoughts that come to mind. Label each thought as "positive," "negative," or "neutral."
- Purpose: To gain awareness of your predominant mental habits.

2. The Shift to Positivity:

- Technique: Whenever a negative thought arises, pause and ask, "What positive thought can I choose instead?"
- Example: Replace "I can't do this" with "I am learning and growing every day."

3. Visualization for Success:

- Exercise: Visualize a scenario where you've successfully implemented a positive change. Focus on the feelings associated with this success.
- Tip: Use all your senses to make the visualization as vivid as possible.

4. Daily Affirmations:

- Action: Create 3 personal affirmations based on your desired outcomes. Repeat these affirmations morning and night.
- Sample Affirmations: "I choose joy and peace throughout my day," "I am capable of overcoming any challenge," "I attract positivity in my life."



directed thoughts

by Kat Artemis

YOUR DAILY THOUGHT PLANNER

1. Morning Mindset Preparation:

- Activity: Spend 10 minutes each morning setting a positive intention for the day.
- Example Intention: "Today, I will focus on seeing the good in every situation."

2. Mindful Moments:

- Technique: Integrate brief mindfulness exercises into your day to center your thoughts. Use deep breathing, observe your surroundings, or focus on a specific object for a few minutes.
- Purpose: To ground yourself in the present and clear your mental space.

3. Evening Reflection:

- Exercise: At the end of the day, reflect on the thoughts you chose. Which ones helped? Which didn't?

4. Ask Yourself This:

- What made it easy or difficult to choose positive thoughts today? How can I improve tomorrow?



Bonus Tips:

- Identify Triggers: Note what situations trigger negative thoughts and plan a positive response in advance.
- Cultivate Gratitude: Keep a mini gratitude journal, listing three things you are grateful for each day to shift focus from negativity to appreciation.
- Stay Connected: Share your journey with a friend or family member. Discussing your progress can reinforce your new mindset and encourage continuity.

Conclusion: Your thoughts are powerful tools that shape your experiences and reality. By actively choosing and cultivating positive thoughts with the help of this guide, you're setting the foundation for a happier, more fulfilling life.