





Do you want to devote 365 days to a thought that is not helpful?  
Flip your overthinking into something that helps you rather than hurts you!!

### Identify "unhelpful" soundtracks!

**Step One:** Write down a goal. What is your hope, a dream or a project that you want to pursue?

A large, empty light green rectangular box intended for writing down a goal.

**Step Two:** Listen to your first thoughts. Is it positive and pushing you to action or is it negative and making you stuck? List the thoughts below.

A large, empty light green rectangular box intended for listing thoughts.

**Step Three:** ASK these important questions:

1. Is the thing I am telling myself true? YES or NO
2. Is it helpful? Does it push me forward or pull me backward when I think this? Yes or NO
3. Is it kind? If I said this to a friend would they still want to be my friend? YES or NO

***One of the greatest mistakes you can make is to assume that all of your thoughts are true.***

These questions are needed because something can be true but not helpful. So put your thoughts to the test to identify the unhelpful tracks that may be playing over in your mind.

***If you can't say yes to all three of the questions it's definitely a broken soundtrack!!***

**Step Four:** ACT

### **ACTION turns down the broken soundtrack**

- reach out to a friend
- walk
- take a nap
- listen to inspiring music
- MOVE
- write a thank you note in a gratitude journal
- volunteer
- do something you love
- listen to a positive podcast
- write an inspirational quote on a card and post it somewhere as a reminder
- in a moment of clarity, write down 5 things that really lift your spirit. Refer to the list often to change your soundtrack
- write down the new soundtrack you want to play to replace the old one

Of all the actions listed above, highlight the ones that resonate most with you, which will help you change the negative soundtrack to a positive one.

What does your new soundtrack sound like? What are some positive thoughts that come to mind to replace the negative ones? List them below.

## **What's your Positive Symbol?**

Connect your new soundtrack to a symbol, like a mug with the word "believe" on it, or a quote that helps you think positively...or a picture that reminds you to be thankful and positive.

If you have a thought you want to believe you have to stack the odds in your favour by putting that thought constantly before you!!

**NOW, GO PLAY YOUR NEW SOUNDTRACK!!!!**