

# 7 THINGS THAT YOU NEED TO KNOW ABOUT YOUR THOUGHTS.



## They are not facts

"Where are the facts and evidence to suggest that this thought is true?"



## Our life is what our thoughts make of it-Marcus Aurelius

We become what we consistently think, so be intentional about what you want to attract into your life.



## They need to be challenged

They'll lead you on a merry dance you allow them too. "Is that true?". "How do I know that to be fact?". "Present me the evidence."



## You cannot choose what thoughts pop into your head, only how you engage with them.

Choose the thoughts you engage with.



## Balance the books.

If you go down the negative rabbit hole, it's only right and just that you go down the polar opposite super positive rabbit hole.



## You do not need to act on every thought.

Thinking negative or emotional thoughts is fine, acting on them all is going to lead to problems.



## Most of what we worry about never comes true.

We are hard wired for safety, over worrying is a safety mechanism, a very over-active safety mechanism. Challenge it, the past and the future don't exist, pull yourself back to now.



## Wellness Blueprint

Supporting you and your organisation to move from surviving to thriving.

# Some Thoughts Shared Signed

**CH Cherryholmes**



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