

A woman's profile is visible on the right side of the image, looking towards the left. The entire image has a warm, yellow-orange tint. The background is slightly blurred, showing what appears to be an indoor setting with some light sources.

# DAILY THOUGHT BUSTER

*How not to believe everything you think*

# THOUGHT BUSTER

## Thinking your truth...

Hey...newsflash! You are NOT your thoughts. You have thoughts and you also have the power to change your thoughts. The thoughts you have everyday will either motivate and influence success or setup you up for disappointment and frustration. Being conscious about your thoughts and **resulting beliefs** is an important step towards successful change!

Try this daily exercise and see first hand how much your thoughts matter!



### 1. Write down every negative thought you have.

Examples: "I can't believe I did that", "I'm an idiot", "I'm fat", "I'm not good enough". "I should've saw it coming". Leave nothing out. Write it all down.

### 2. Conduct the "Belief Test" on each thought.

Critically review each thought you have and ask yourself, "do I really really believe that?", and place a Y or N beside each thought.

### 3. Tame and Train: Write what you really believe.

Starting with the thoughts you do not believe, write down beside each thought what you do believe.

Thought	Test	Tame & Train
I'm an idiot	N	I'm smart and valued

With time, you will recognize and release thought patterns not serving you well and live a happier life!

Full blog post available at:  
[www.myhappinesscoach.ca/blog](http://www.myhappinesscoach.ca/blog)







**"She believed she  
could so she did"**

*- My Happiness Coach*