HelloCourageous.com

Reframing Your Negative Thoughts

A guide to changing your thought habits

Today You Will Learn...

How to Reframe Negative Thoughts
You can use methods developed by neuroscientist to change your mind

The Science Of Paths
How your brain uses paths to create thoughts and memories
WORDS TO INSPIRE

How To Create New Paths
How you can use neural plasticity to create new paths

Sustain Your New Paths
How you can sustain new pathways created in your mind to live a better life.

SUCCESS FOR THE DAY

Lean In
Try It
WHO AM I
Melissa Scott

Hello Courageous Podcast
The Gratitude Challenge
True Courage Method Digital Course

Beliefs become thoughts, Thoughts become words, Words become actions, Actions become habits, Habits come values, Values become destiny.

-Gandhi
Negative thoughts solidify in our minds through our stories

Negative thought patterns entered my life when I was young. I saw it played out in my mother's life. Then again as I became a mother.

Anytime you do something repeatedly, for several days in a row, or several times throughout the day, you are creating a "thought habit"
Can you identify when your negative patterns of thinking began?

WRITE IT DOWN

What are your negative belief?

WRITE 2 TO 3

Time Well Spent

Worry and anxiety in Americans has grown by leaps and bounds. Here's a graph showing how worry and anxiety has grown in the last several decades.
YOUR BRAIN IS THE WOODS

Imagine your brains as the beautiful woods of Arkansas.

We create paths as our neurons fire through our brain.
SCIENCE & PATHS

YOUR BRAIN IS THE WOODS

Imagine your brains as the beautiful woods of Arkansas

We create paths as our neurons fire through our brain.

YOUR HABITS ARE THE TRAILS

YOU HAVE POWER OVER YOUR THOUGHTS
YOUR BRAIN USES THE INFORMATION YOU GIVE IT

takes the info you give it

Trusts it as fact

Uses it to protect you

YOUR FEAR CENTER

Your Amygdala controls

• Fight
• Flight
• Freeze
HOW DO WE CREATE NEW PATHS

WE HAVE TO FORGE A NEW PATH
We have to use our neurons to create a new pattern or habit of thinking.

Take 5 minutes to discover what you would like to believe about the negative thought you wrote down.

hellocourageous.com
1. Choose Your Positive Thought or Belief
   - Make a Conscious Decision
   - Choose the Positive Thought
   - Choose What You Want to Believe

2. Know Your Why
   - What Motivates You
   - What Drives
   - Why Do You Do What You Do
3 Find Evidence Of Your Positive Belief

- Why is the new belief true and better to believe?
- How does the new belief or thought serve you?
- How is the new thought beneficial to you and your goals?

4 Find Evidence About Your Old Belief

- Why is the old belief negative?
- Why was the old belief not serving you?
- Why do you want to change the old belief?
5 Reinforce Your New Thought

- Convince your mind that it is logical and beneficial to you
- Write it down daily
- Speak it aloud daily

6 Use Awareness

- Be aware when old habits try to come back
- Arrest the thought with mind discipline
- Remind yourself of steps 2, 3, & 4
KNOW YOUR WHY
It is your best evidence to your positive thoughts

Hellocourageous.com/HFMA
TODAYS NOTES
A METHOD GUIDE
OTHER TOOLS YOU CAN USE TO HELP SOLIDIFY YOUR NEW PATHS