

The Inner Practice of Inspiration

MAKE A LIST OF YOUR THOUGHTS

- Over the course of a week, become aware of your dominant thoughts, no matter how random.
- Pay extra attention to the ones that are repetitive, automatic and negative. These are the thoughts that we want to become aware of so that we can change them!

NOTICE YOUR LONG HELD BELIEFS

- As you continue to become consciously aware of your thoughts, you may notice that you have a long held belief or attachment to these thoughts.
- Ask yourself: Is this thought really true? Why do I believe it? Is this thought empowering me, creating more fun, love, prosperity in my life? Or is this thought making me feel afraid, guilty, ashamed or bad in general?
- Be aware of the thoughts that inspire, motivate, and help you create positive things in your life. Those are the thoughts and belief systems you want to keep!

CHANGE THE THOUGHTS THAT DISEMPOWER YOU

- Once you become aware of any negative thoughts that disempower you, you can change them by affirming the opposite; by affirming what you do want to experience in your life.