

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

Sebastian Brünink



Some Thoughts Shared Signed:

Ignite the flame of optimism with *Crafted* by is motivational masterpiece, Find Positivity in **Some Thoughts Shared Signed** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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