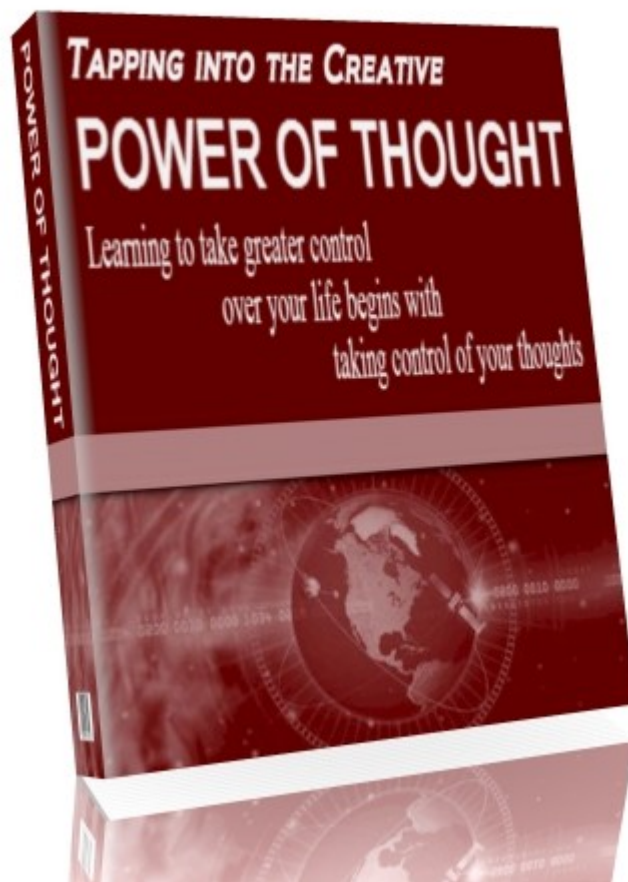


# Tapping into the Creative Power of Thought

*Learning to take greater control over your **life**  
begins with taking control of your thoughts*



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## INTRODUCTION

If you have struggled with habitual negative thought patterns for any length of time, you are probably well aware of the ways in which they can limit you. You might feel stuck in a job you don't like, work for less money than you deserve, repeatedly get involved in destructive relationships, or even form unhealthy habits that develop into chronic illness.

You may have purchased this guide to learn more about positive thinking, but it's about much more than your thoughts! It's about learning to take greater control over your **life**, starting with your thoughts.

You see, your thoughts determine your feelings and your feelings inspire your actions (or inactions). If you think negative on a regular basis, you feel awful (sad, depressed, angry, frustrated, or confused), and as a result, you don't take productive actions to make your life more fulfilling.

As you can imagine, such a cycle can lead to a life of apathy and hopelessness. Even worse, once you find yourself caught in a downward spiral like this, it seems impossible to crawl out of it. You feel bad, so negative thoughts arise, and since negative thoughts are in your awareness, you continue to feel worse and worse!

It's a pretty grim picture when I describe it like this, but I have very good news for you.

It is NOT as difficult as you think to reverse this cycle and develop a positive thought pattern. All it takes is the willingness to shift a little how you view your world, the courage to step out of old comfort zones, and the determination to follow through with what you have started.

This might sound a little scary if you have never worked consciously on your thoughts before, but it can actually be fun if you adopt the right attitude!

Don't worry; we'll be covering ways to make this process as **fun and rewarding as possible**.

Before we begin, you might want to get a journal or notebook and a pen. As you work through the exercises in this guide, you will probably recognize powerful insights about yourself. You will want to jot these insights down so you don't forget them.

Other than that, simply work through the steps and exercises in this guide and be sure to take your time with them. Remember that you are entering into a process and you will NOT be able to change everything overnight. Positive thinking is a matter of tuning into yourself more deeply than you might have previously, learning to explore what you find, and then deciding what to keep and what to change.

You are the boss in this process! Throughout the pages of this guide, you are going to realize just how much power you have over your thoughts and your life.



## CHAPTER 1

### WHAT IS POSITIVE THINKING REALLY?

**W**hen you read the words, “positive thinking,” you probably envision a Pollyanna-type person; someone who is positive all the time – even to a sickening degree! You probably imagine this person to live a life of denial, covering up their true feelings and pretending that everything is fine, even when it isn’t.

Positive thinking is NOT about denying your emotions or pretending that everything is great.

It’s about learning to adjust the way you think and feel about the events and experiences of your life, rather than letting **them** determine how you feel. It’s about learning to find a positive angle to the things that happen to you, even difficult ones.

How often do you allow outside influences to affect your thoughts? If you are like most people, probably pretty often.

A flat tire, a grumpy boss, bickering children, traffic jams at the worst possible time – all of these things and more have the potential to set you off. Your good mood can quickly turn sour if you don’t decide ahead of time to reign in your emotions and keep your thoughts in order.

Your thoughts, feelings and beliefs are all tied together. When you experience negative events, your thoughts about them act as a trigger for your emotions and beliefs. So, not only do you feel bad, but corresponding beliefs about yourself come into awareness, which makes the negative feelings stronger.

Here’s an example to demonstrate: