

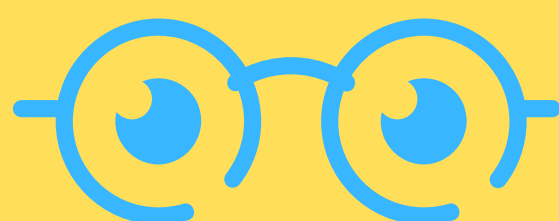
# HOW TO CHANGE YOUR THOUGHTS

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## IDENTIFY

Identify the thought you want to change and write it down.

### STEP 01



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### STEP 02

## TRACK & LOG

Use a log to track how often you have the thought and what if anything triggers the thought.



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## REPLACE

Choose an alternative thought to replace the negative one with.

### STEP 03



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### STEP 04

## PRACTICE

Practice replacing the negative thought with the positive thought..



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