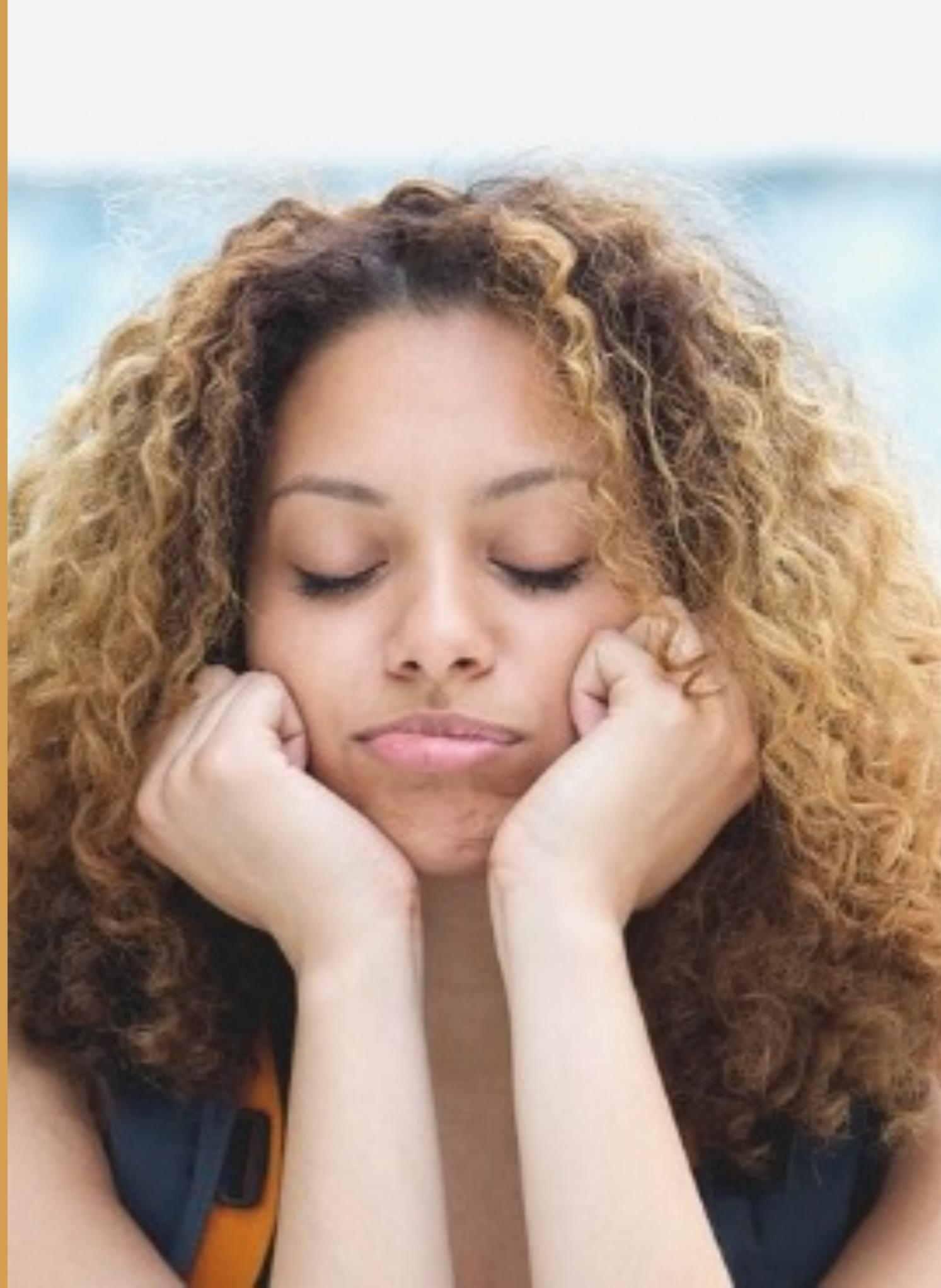


# 3 SUCKY THOUGHTS THAT KEEP YOU STUCK

(AND HOW TO  
GET UNSTUCK)

WORKBOOK

A BON FAIRE PUBLICATION



“Your thoughts create your reality. Your mind is more powerful than you know.”

— Neale Donald Walsch

# Why You Think Sucky Thoughts

There is a well-documented phenomenon called Negativity Bias. This is the tendency humans have to give more attention and more weight to negative experiences than neutral or positive experiences. We often overestimate threats and underestimate opportunities. It's kind of a good thing too because it has been the key to our survival as a species.

But...it's not so great now that we live in a very different environment than our ancestors.

**Extra Credit!** Watch this video:  
[Marie Forleo on Negative Thoughts](#)

# You Are Not Your Thoughts

The simple fact that you can observe your thoughts means they are not who you are. You have to be outside of something to observe it. It's difficult to look at your own eyes without a mirror!

So, if the thoughts are not you...who is it?

Your brain!

Images and thoughts are the language of your brain. Narrating your world is what it does to help you make sense of your reality.

A sucky thought does not make you a sucky person or mean that your whole life or situation is sucky.

It is simply presented to you by your brain and it's up to you to decide what to do with it.

You do not have to agree with the sucky thought!

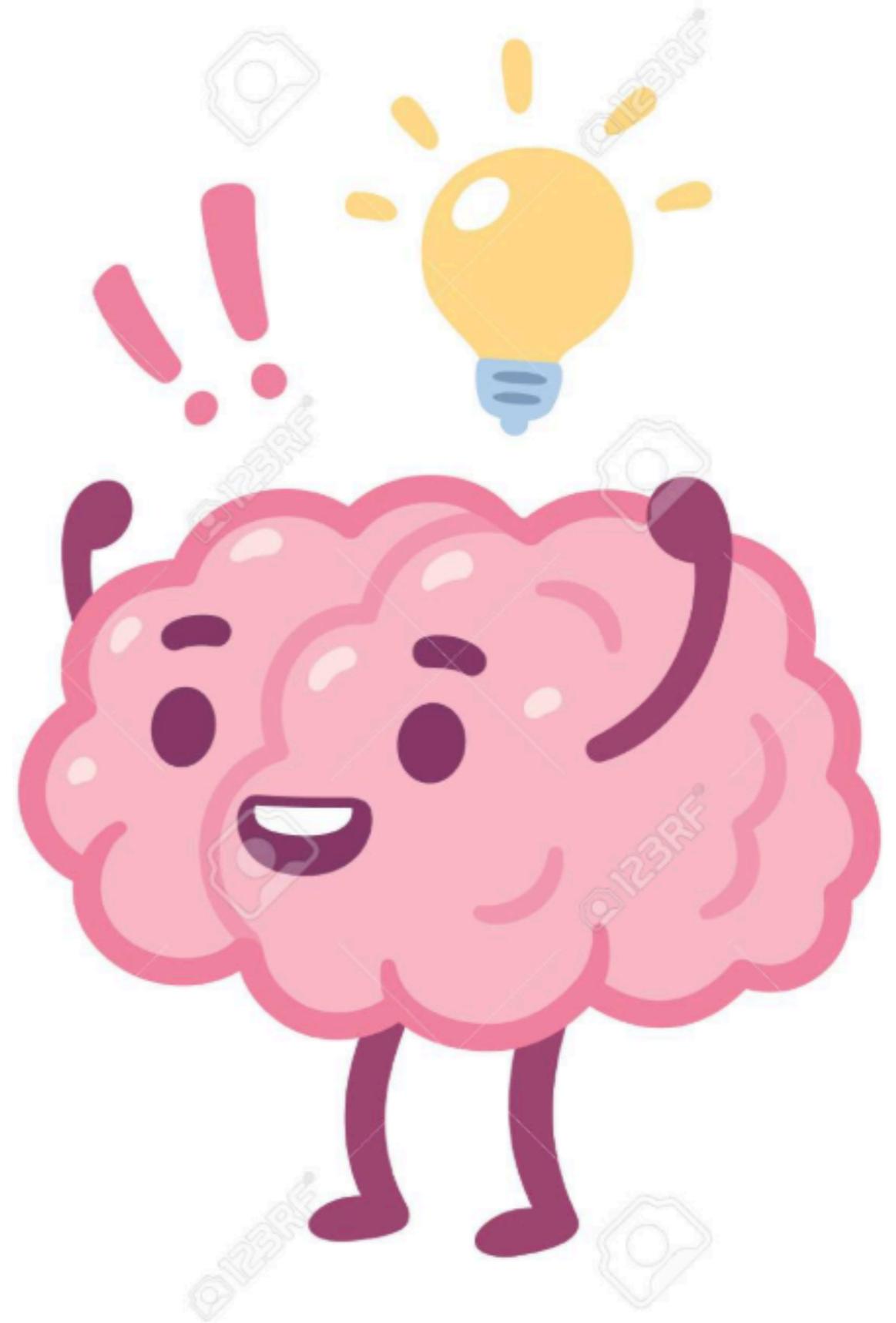
**Extra Credit!** Watch this video: [The Illusion of Thought by Mo Gawdat](#)

# Training Your Brain

Your brain, like your heart, needs to be trained to work most efficiently for you. If you exercise 30 minutes a day, your heart will be working much better than if you sit around binge-watching every show on Netflix.

Training your brain works in the same way. You have to tell your brain what to focus on and train it to do this every day. Just like if you eat bags of Doritos and become a couch potato is bad for your heart, not giving your brain a job to do will allow it to control you with sucky thoughts.

**Extra Credit!** Watch this video: [3 Reasons Why a Positive Attitude Matters More Than you Think](#)



# Exercise 1: Unintentional vs. Intentional Thinking

## Unintentional Thinking

Circumstance:

Thoughts:

Feelings:

Actions:

Result:

## Intentional Thinking

Circumstance:

Thoughts:

Feelings:

Actions:

Result:

# Exercise 2: Practicing Self Acceptance

1. Take a deep breath in and let it out with a sigh.
2. Become aware of your thoughts.
3. Notice when you judge yourself: “I am doing good today because I didn’t eat chocolate.” “I am doing bad today because I didn’t finish that project.” “I’m too fat.” “I’m not exercising enough.” “I got a raise, I’m awesome!”
4. We often judge ourselves as “good” or “bad” at different things. Just notice it, and see what results from it. After realizing that self-judging repeatedly causes you pain, you’ll let it go, in time.
5. As you notice judgements, imagine yourself as a small child and see if you can show compassion for yourself. Or forgive yourself for not doing well at something.
6. Take another deep breath in and let it out by saying “Thank you.”

# Exercise 3: Shift From Scarcity to Abundance Thinking

## Create Abundance Affirmations

Make a list of your fears you have about scarcity (Examples: I won't have enough money to pay all my bills next month. I'm going to run out of time to finish my project). Write down what you think is going to happen from your voice of fear and scarcity. Then, write down the opposite of what your fears are or what you deeply desire. Use the second list as your own personal list of daily affirmations.



# Exercise 4: Stop Comparing Yourself to Others

## 1. Do a Social Media Detox

If you're already comparing yourself to others, social media can trigger, inadequacy, self-doubt, and frustration. Take a detox for a week and see how you feel. You'll notice that you won't miss social media that much either.

## 2. Be Grateful

Whenever you find yourself looking at what other people have, remind yourself what you're most grateful for in your life. Write it down every day for a week and you'll see a shift in not only how you feel but also what you'll attract into your life.

## 3. Stop "Shoulding" Yourself

Comparison often leads to us "shoulding" all over ourselves. But that just keeps us focused on what we're lacking. Instead of using "should," use "want" and notice how your inner dialogue shifts.

## 4. Compare Yourself with You

If you need to compare yourself with someone, compare yourself with you. What can you do to improve your life quality? How can you be a better and more loving person? How can you be nicer to yourself than you were yesterday? You are the only person you can compare yourself with.

# Additional Resources

[The Power of Positive Thinking by Dr. Norman Vincent Peale](#)

[Hope and Help for Your Nerves by Dr. Claire Weekes](#)

[Change Your Thoughts, Change Your Life by Dr. Wayne Dyer](#)

[The Power is Within You by Louise Hay](#)

[Solve for Happy: Engineer Your Path to Joy by Mo Gawdat](#)

# Great Job!

Bon Faire is a way of embracing midlife. It's about being your best, and not settling for any less than you deserve. You've got decades of experience, skills, and knowledge. Use that to your advantage to empower yourself and the world around you.

Together, we'll show everyone how it's done!

For questions: [info@bon-faire.com](mailto:info@bon-faire.com)  
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