

Tony Robbins said, *"Whatever you hold in your mind on a consistent basis is exactly what you'll experience in life."*

So how do you get out of the habit of overthinking?

Thinking about your thinking is an analysis tool, not the solution. It's a processing type of thing.

To stop overthinking, you have to start acting.

What do I mean by this?

1. Start acting AS IF. (We spoke about this last Saturday.) If you want to grow, if you want to become the vibrant woman you have been called to become, then your call to action isn't faking it anymore. Instead, it's be it til you see it! You might not be exactly where you want to be, but the more you do, the better you get. Ask yourself, "What would my higher self think about this situation?"
2. Replace thoughts as they become apparent - and they will simply because they'll start to stick out like a sore thumb due to your awareness of them.
3. Look at quotes that motivate you, or that speak positivity into your life. And while you're at it, pick up a

Quote Deck — this is exactly the reason they exist. And remember, what you think about grows, what you focus on expands & what you dwell upon becomes your destiny.

Here are several actions to make it happen:

1. Stop with the perfectionism already! Instead, aim for excellence.

2. Right size, don't catastrophize--we're talking about your problems. If you "right-size" them instead of catastrophizing them, you'll find them a whole lot more figureoutable.

3. Your intuition isn't 100% accurate 100% of the time, but it's a start, and it can become reliable when you learn to trust yourself.

4. Decision fatigue has got to go. Fewer options, more action! Remember, 100% in is so much easier than 98% in — that fact alone changed my life.

5. Manage your story. Does it empower you or hold you back? You are the author, and you can change the narrative to suit your goals or stop repeating it--your choice, but remember that every hashed-out detail is exhausting--be choosy about whom you share with.

6. Manage your identity. Stop saying things like "I am just a worrier by nature." Remember how your reticular activating system works to prove you right--if you announce your identity as a worrier, you're going to definitely get something to worry about!

7. Ask good questions and make good statements. For example, instead of saying "I need to lose weight," replace it with "I am steadily and easily losing weight."

Words are power.

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Words could be your power.

- Denzy Lawrence