

Henry Ford said, "If you think you can, you're right. If you think you can't, you're also right."

We overthink, ruminate, relive, overly emote, catastrophize, generalize, idealize (a nice word for perfectionism), and get lost in the jumble in our heads... Can I get an Amen? 🙌

Our thoughts become HABITS. Negative thinking patterns are habitual, toxic, and often constantly running under our radar. They become so habitual that we don't even realize we are doing it!

We can't put our thoughts on the Pancake Diet (Flippity Flip) if we're not even aware of them, so here is a quick guide to get started flipping:

- Practice mindfulness. Don't just go through your day on autopilot, think it through. Ask yourself how xyz thought serves you when you catch yourself going on the Dreadmill Loop.
- Challenge those thoughts - they became habits in the first place because they went unchallenged, with free reign to do as they pleased. Use your Mindful Mug and Quote Deck to support your environment and help you focus on something positive. Tell yourself "No," or "Clap-Clap Kitchen's Closed!"

- Trigger happy ≥ No trigger UN-happy. We ALL have triggers, but we can either game-plan them or avoid them altogether. Both options work!
- Journal. I know I tell you this all the time but writing it out truly gives you the ability to straighten the jumble in your head. Start each day with a gratitude practice and write down what you are grateful for.
- Create affirmations SPECIFICALLY for those negative loops -
 - I am more than enough
 - I am able, capable, and calm
 - I easily change my thinking etc.
- Environmental Support - remove and replace the things that no longer serve you, correct your peripherals, and use supportive quotes and people to uplift you daily.
- Change your activity to change your thinking, for example, clapping twice and saying "Kitchen's Closed" is a shift in scenery to match a shift in thinking.

Napoleon Hill famously said, "Change your thoughts and you change your world."