ENLIGHTEN EXERCISE #28

My Thought Patterns

- Every day, spend about 10 minutes writing down all of your thoughts.

- Make two categories for negative thoughts and positive thoughts.

- Look at your negative thought patterns, and begin to replace each one with a rational or positive perspective.

- Practice this every day, and you will begin to see a shift from a negative thought pattern to a positive thought pattern.

Negative Thoughts	Positive Thoughts