

I AM IN FULL CONTROL OF MY EMOTIONS AND THOUGHTS.

I have the ability to direct my thoughts in any situation.

I choose to have thoughts that serve me. Negative thoughts create emotions and beliefs that are contrary to my purpose. I am always focused on my purpose.

In every situation, I can choose to have a thought that serves me or impedes me. I choose to have thoughts that serve me.

By controlling my thoughts, I can control my reality. Directing my thoughts is easy for me.

In difficult times, I am focused on solutions. Only by thinking about solutions am I likely to find an acceptable one.

In pleasant times, I am focused on the experience. Allowing my mind to wander limits the amount of enjoyment I can experience. I am fully in the moment during pleasant times.

Negative emotions are signs that something needs to be corrected. ***When I experience a negative emotion, I immediately focus on finding an alternative to that emotion.*** This is the only time a negative emotion serves a useful purpose.

It can be challenging to control my thoughts and emotions. When my thoughts stray, I gently bring them back to the present. Life can only be lived and experienced in the moment.

Today, I keep my thoughts focused on the present. ***I limit my mind's tendency to dwell on the past and wonder about the future.*** I am in full control of my emotions and thoughts.

Self-Reflection Questions:

When do I find it most challenging to control my thoughts?

When is it easiest to control my thoughts?

How would my life change if I had greater control over my thoughts and emotions?