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INSTRUCTIONS FOR HAPPINESS - PART 5

BY SUSIE PEARL

'Thoughts are creative'

Our thoughts are energy and have a creative power. We can boost our life more positively by directing our thoughts more consciously. The quality of our thoughts corresponds directly with the quality of life we experience. Our thoughts can uplift us when used in the positive or bring us down and create dis-ease if used primarily in the negative. Think of thoughts like little magnets – pulling towards you more of whatever you are thinking about.

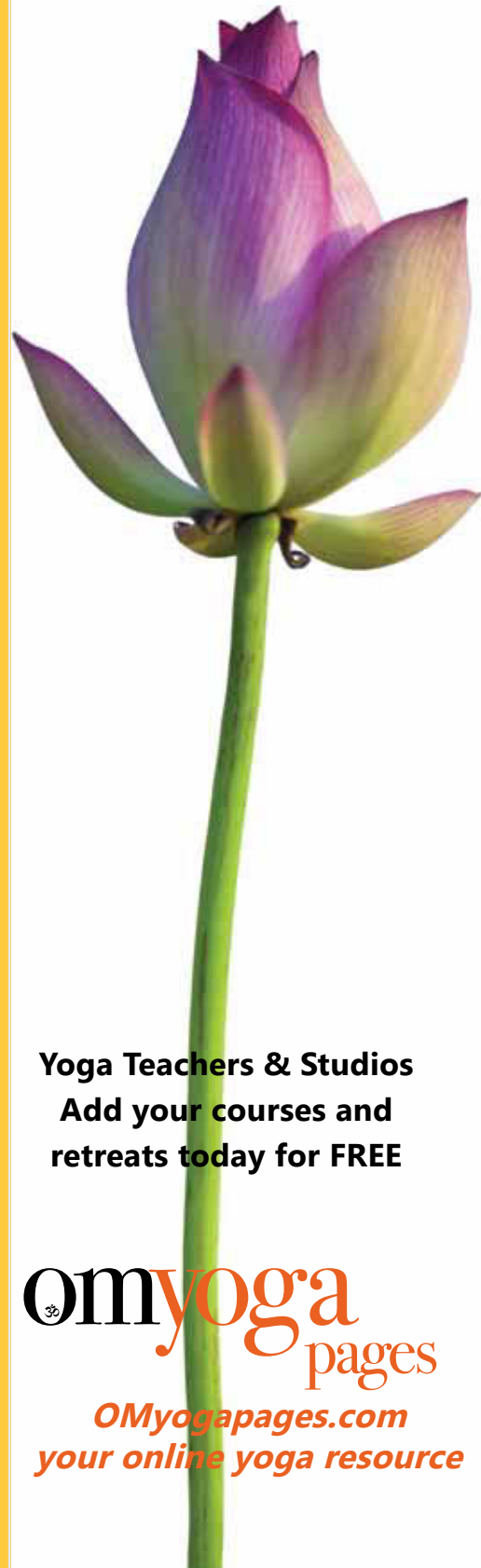
Technique: For one day, do a 'thoughts audit'. Notice how you think when you first wake up, as you move through the day and what you think about last thing at night. Are your thoughts in the positive and directed towards what you want? Or are they more about the things that could go wrong or based in worry or fear about things that may happen? It may be that you swing equally between positive and negative.

Once you have bought greater awareness to the nature of your thoughts, do a seven day plan. During this time, guide your thinking to be based in the positive and focus on the way you would like things to be. Support this thinking with some mind mapping and positive goal setting. If you start thinking about things that make you feel worried, simply be aware of this and guide your thinking back to the positive.

Affirmation: I choose my thoughts. My thoughts are not who I am. I can guide my thinking into more positive pleasant thoughts and by so doing I know that this empowers my health, my life and my wellbeing.

Susie Pearl is a writer and broadcaster on happiness. Her book 'Instructions for happiness' is published by Quadrille. Visit: susiepearl.co.uk

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