

How to Transform Negative Thoughts

Developed by Project Passport LLC

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Write down all of the negative thoughts as they come to mind. By writing them, you acknowledge them.

1



Commit to a period of silence. No social media. No television. No music. Just the silence when you go home each day.

3



Talk with a trusted friend through each of these negative thoughts and what their implications are.

4



Measure the legitimacy of these thoughts. On a scale of 1-10, how likely will they occur or how true are they.

6



For thoughts more than 5, discuss with a friend or write down, the worst that can happen as a result of those thoughts or the negative effects on your future they bring.

5

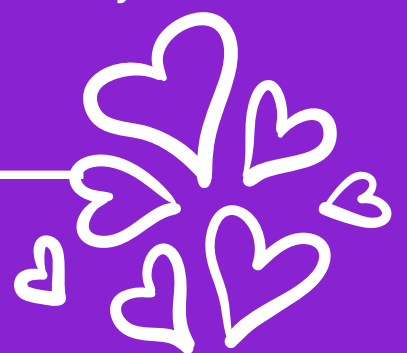


Cut out the thoughts that are less than 5 on the scale. Determine verbally that they simply are not relevant. Forcefully, remove them from all future conversation and reality.

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Now sit down alone and brainstorm the best case scenarios in opposite of those negative thoughts. Write down what your life would look like if those negative thoughts were the opposite.



Begin to live your life in the new reality you have created. Practice and repeat. You are creating the life you want from the inside out.