



**I believe
in
myself.**

2. Is what I'm thinking about true?

4. I feel my emotions without dwelling on them.

6. I don't look for ways to be offended.

8. I think of what I'm grateful for at the start of the day.

1. I notice my thoughts.

3. I choose good thoughts during the day.

5. I take time to not think.

7. I ask for help when I need it.

HIGH VIBE THINKING

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