

BE PICKIER

*“You’re picky about the car you drive.
You’re picky about what you wear.
You’re picky about what you put in your mouth.
We want you to be pickier about what you think.”
-Abraham*





Step 1: Embrace picky.

It might be helpful to think of your mind as a neighborhood.

You get to create that neighborhood as a scary, worrisome, overwhelming, angry, disappointed, unworthy place...

Or you can create a neighborhood in your mind that is filled with ease and acceptance, with positive expectation and optimism, with love and appreciation.

Both neighborhoods are available to you because you are the only one thinking the thoughts in your mind.



Step 2: Notice the cause and effect of your thinking.

This thought feels good.

This thought feels bad.

Notice and really pay attention to how your thinking makes you feel. Start noticing whenever you feel negative emotion, and ask yourself: *What thought was I thinking that caused the low-vibe feeling?*



Step 3: Be willing to give up old identities.

Letting go of an old identity usually means letting go of old patterns of thought.

Decide to change your patterns of thought. Want and willingness are key here. You have to be willing to let go of old identities that create negative emotion within you.



Step 4: Decide how you want to feel.

If you are new to managing your mind, you may not have given much thought to how you want to feel. That's OK. Start where you are. How do you want to feel?

Choose to think thoughts that allow you to feel the way you want to feel. You have the ability to choose thoughts that will create the emotions you want to experience.





Step 5: Clean your mental house.

In *Trust Life*, Louise Hay says: *“I am willing to begin where I am right now to clean the rooms of my mental house. I know it does not matter where I start, so I now begin with the smallest and easiest rooms, and in that way I will see results quickly.”*

What thoughts do you need to clean from your mental house?





Be pickier about what you think.

Being picky about what you think is simply making it a priority to feel good and so thinking thoughts that feel good.

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Step 4: Decide how you want to feel.

Step 5: Clean your mental house.