

superlife: be aware of self sabotage''

This week's lesson is all about identifying the negative nag in your head by becoming more aware of what she (or he) is saying.

We all have an internal dialogue or 'soundtrack' of thoughts each and every day. This exercise involves simply becoming more aware – or more mindful – of what this dialogue or soundtrack is. By becoming more aware of what thoughts are running through your mind, you can then start to decide if you want to listen to them, and if they're helpful.

1. SET ASIDE SOME TIME EACH DAY – 5 OR 10 MINUTES - TO TUNE INTO YOUR THOUGHTS.

2. ASK YOURSELF THE FOLLOWING QUESTIONS:

WHAT AM I THINKING AT THE MOMENT?

WHAT KINDS OF THOUGHTS ARE GOING THROUGH MY MIND?

WHAT AM I SAYING TO MYSELF?

3. AFTER YOU'VE IDENTIFIED THE THOUGHTS, THEN CONSIDER WHETHER YOU LIKE THEM AND WHETHER THEY'RE SERVING YOU WELL.

ASK YOURSELF:

ARE THESE THOUGHTS HELPING ME?

ARE THEY CONTRIBUTING TO ME FEELING AND LIVING AS I WANT TO FEEL AND LIVE?

ARE THEY DETRACTING FROM MY HAPPINESS AND FULFILMENT?



Note: you don't necessarily have to fight negative thoughts at this stage. You can let them come and go. And spend more time focusing on positive, helpful thoughts which contribute to your success and happiness.