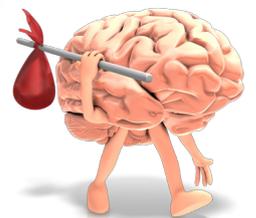


Mind Your Mind





20 Strategies to Help You to Mind Your Mind

I: Key

T Task

I Information

T: I. Memorise your favourite incantations so that you can say them with feeling, movement and visualisation to change your state fast. Below are a few to try out!

Incantations

I love my life and I'm so blessed,
Gods love flows through me!

I used to think that perfect was the only way to be, but now I know that all I need is here inside of me.

I appreciate and honour myself, and when push comes to shove, all I ever have to do is add a little bit of love.

All I need is within me now
And I have the courage to see it through.

Every day in every way
I'm feeling better and better...
Stronger and stronger...
Happier and happier...
(Substitute any powerful words here)



Now I am the Voice.
I will lead, not follow.
I will believe, not doubt.
I will create, not destroy.
I am a force for good.
I am a leader.
Defy the odds!
Set new standards!
Step up! Step up! Step up!

How can I appreciate even more,
All the love and guidance I have
inside of me now?

God's wealth circulates in my life,
It's what flows to me, as avalanches of abundance.
All my needs. Desires and goals are met instantaneously by
infinite intelligence.
And I give thanks for all my good now, and for all God's
riches, For I am one with God and God is everything.

I had to be the best,
Better than the rest,
But now I know I'm good as gold
And life is not a test.
So, I celebrate my accomplishments,
But realise they're not me,
Because as I love myself
I'm all I ever need to be

T: **2.** Have a Power Move! This could be a punch in the air, a loud clap, a fist to the chest etc.

T: **3.** Ask Power Questions such as...
a. What am I grateful for right now?
b. Who do I love and who loves me?
c. What am I proud of in my life?
d. What am I excited about in my life?

T: **4.** Come up with at least 6 different meanings for something that happened by asking "What else could this mean?" "What REALLY happened?"

T: **5.** Have a little yellow stretchy man in your pocket! (No rude comments please!)

T: **6.** As you think Oh no... jump up and shout **Whuhooo!** It will make you smile and change your state instantly (and the state of the people around you!)

T: **7.** Take out your phone and fine fabulous memories in your photos.

T: **8.** Find your favourite Power Music! Have a power anthem playlist on your phone! Sing loudly, play the air guitar – whatever it takes!

T: **9.** Dance!

T: **10.** Twirl!

T: **11.** Skip!

T: **12.** Go splash in a puddle.

T: **13.** Pretend you're a kid again being an airplane.

T: **14.** Buy stickers! Everyone loves a sticker!

T: **15.** Do a random act of kindness – cheering someone else up will instantly cheer you up too and change your focus from you to them.

T: **16.** Have a little jar of inspirational quotes (buy one or make your own – good rainy day project with the kids!) and pick one out randomly.

T: **17.** Give someone a hug!

T: **18.** Ask Siri to tell you a joke – I just asked him that and he said “What do you call a dog that does magic?” – A labracadabrador!

T: **19.** Give someone a sincere compliment (in person, by message or email.)

T: **20.** A cup of tea and a piece of cake makes everything better!