

SHIFT YOUR THINKING

1 Become aware of your thoughts:

What's got you feeling 'down'?

WRITE
it in the
CLOUD



2 Acknowledge your feelings

3 Soothe yourself and imagine something better... keep going! Make each thought a better feeling thought than the last one.

MOVING UP the EMOTIONAL SCALE to a BETTER FEELING THOUGHT!

My NEW, LIGHTER, BRIGHTER THOUGHT IS....

and I'm FEELING



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based on Abraham-Hicks teachings