

# **Recommended Mental Diet for the Next 45 Days** *and for the rest of your life*

I will commit to take full control of all my mental and emotional faculties by deciding right now that I will not indulge or dwell on unresourceful thoughts, words, or emotions.

1. I refuse to dwell on unresourceful thoughts or feelings.
2. I refuse to indulge in any disempowering questions or vocabulary.
3. If I catch myself beginning to focus on the negative, I will immediately interrupt the pattern and choose another alternative such as;
  - Shift my focus – Play music, walk on the beach, etc.
  - Use my Power Anchor – works every time
  - Shift my physiology
  - Trigger other empowering anchors, sounds, memories, smells, etc.
  - (Add your own ideas here) \_\_\_\_\_
  - \_\_\_\_\_
4. Use Problem-Solving Questions, such as:
  - What's great about this?
  - What's not perfect yet?
  - What is the meaning and what can I learn from this?
  - What am I willing to do to make it the way I want it?
  - What am I willing to no longer do to make it the way I want it?
  - How can I enjoy the process while I do what is necessary to make it the way I want it?
5. Be proactive in my responses and Take Action Now!!!
6. Each morning, start out by asking myself the following questions:
  - What am I happy about in my life now? What am I excited about?
  - What am I proud about in my life now? What am I grateful for in my life now?
  - What am I enjoying most in my life right now?
  - What am I committed to in my life right now?
  - Who do I love? Who loves me?
  - How do each of these make me feel?
7. Each evening go to bed by asking myself the following questions:
  - What have I given today? What did I learn today?
  - How has today improved the quality of my life or how can I use today as an investment in my future?
8. Make certain that my whole focus in life is on solutions and not on problems. The moment I see a possible challenge, immediately focus on the solution.
9. If I backslide – that is, if I catch myself indulging in or dwelling on an unresourceful thought or feeling, don't beat myself up with self talk like "I should do this or I should've done that." Take the word "should" right out of my vocabulary; because it is so disempowering to me. I just do better next time and I get better at it every day.

**The goal is to go without holding negative thoughts or feelings for 45 days!!**

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