

NEW Thoughts



Our thoughts shape who we are and who we can become. Here is a list of healthy thoughts you can test out. Choose a few favorites and post them where you can see them often. Changing our thoughts takes time and effort, but it's so worth it!

"I can do this."
"I get to choose."
"Everything is exactly as it is supposed to be."
"I am grateful for ..."
"I love my body."
"I love my life."
"I am a person that tries."
"I don't have to know how, just what."
"I can figure anything out."
"I can choose how I think/feel/act."
"I can spend my brain juice in ways that serve me."
"There are lots of ways to look at things."
"There is no emotion I can't handle."
"I am willing to feel and experience all emotions."
"I am curious about..."
"Is this worry necessary?"
"I am in charge now."
"I enjoy taking care of the space around me."
"I love creating."

"Other people don't have to like me. That's my job."
"It's not my job to make others around me happy. That's their job."
"I am not for everyone and that's ok."
"I can be happy even if other people aren't."
"Other people can think/feel/act however they want."
"My main job is to understand my worth and the worth of the people around me."
"Life is a classroom and mine is perfect for me."
"Everything is happening exactly as it's supposed to."
"There is no failure. Only market research."
"I can create the life I want."
"Everything that is meant to happen, does."
"I am good at making decisions."
"I want to. I get to. I choose to." (Og Mandino)



*"CHANGE YOUR THOUGHTS AND YOU CHANGE YOUR WORLD."
-NORMAN VINCENT PEALE*

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Inspired
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