



AFFIRMATIONS

MONKEY.MIND

**"Fear is a question.
What are you afraid
of and why? Our fears
are a treasure house
of self-knowledge if
we explore them."**

- Marilyn French

When you notice an unhelpful or repetitive thought, ask yourself:

- Where this thought is coming from?
- Is this thought useful?
- Am I running to conclusions?
- Do I breathe?
- How is my body feeling?
- Am I aware of what I do right now?
- Can I stay focused?

Affirm the following beliefs by saying it out loud in front of a mirror or by writing them in your journal:

- I am not my thoughts
- I choose my thoughts
- I choose not to believe this thought
- My thoughts are just guests, they won't stay long
- I am present
- I am observing my mind
- It's okay
- I am at peace
- My mind is my friend
- I choose to listen to my heart instead of my mind