

# **7 DAY CHALLENGE TO REFRAME YOUR INNER THOUGHTS**



# Introduction

This book is based on a very simple fact: Our thoughts dictate our behavior. More specifically, our actions and responses to physical and external factors are far from random. They're triggered by our thoughts.

Let's take a common social event like a party. If you're someone who struggles with social anxiety, The culprit is a mindset that feeds you a stream of negative thoughts that undermine your self-confidence and ability to behave naturally. You feel self-conscious about your appearance. You may feel inferior to others or that what you have to say isn't worthy of being heard.

On the other hand, positive inner thoughts will be reflected in your behavior and body language in the opposite way. You're confident and outgoing, eager to meet new people, and thoroughly enjoy the event.

In a nutshell, recognizing the power of your inner thoughts can give you tremendous insight into why you behave in ways that affect how you navigate through life. Reframing your inner

thoughts empowers you to transform your perspective and your life forever.

### ***What is reframing?***

Reframing is the process of changing negative thoughts into positive ones to generate positive and productive responses. This is done by rewiring your brain.

Rewiring your brain? It sounds scary but it's a simple, straightforward process that can dramatically improve your life. You've already wired your brain unconsciously with the negative thoughts that are now holding you back. By reframing your thoughts, you're dealing yourself a winning hand by replacing negative with positive.

### ***How can reframing your inner thoughts benefit you?***

If you're feeling lost, stuck in place, unfulfilled, and often overwhelmed with life, reframing your thoughts is the solution. By rewiring your brain to perceive and respond to situations differently, you'll gain the following benefits:

- Setbacks become a challenge to overcome as quickly as possible rather than crushing blows to your ego and self-confidence.
- You're able to express – rather than repress – your emotions in a healthy way, making for more effective

communication, better interactions, less stress, and a strong sense of inner calm.

- Your self-confidence soars, and with it your self-belief and conviction that you can achieve anything you put your mind to.
- You develop acceptance of yourself and others, which boosts self-belief and empathy. More importantly, you develop acceptance of change, both good and bad. This breeds incredible resilience and allows for smoother navigation of the ups and downs of life.
- Big thinking is another mindset you'll develop, which brings life to your purpose and helps you seize opportunities.
- Your new mindset of positivity and hope will foster inner peace and tranquility.
- You'll develop perpetual optimism which, needless to say, makes life more meaningful and enjoyable.

The 7-day challenge is designed to help you reframe your inner thoughts with 7 simple but remarkably powerful practices that will change your whole approach to life. Immerse yourself in each day's challenge to begin sowing the seeds for naming mind shifts that will transform you from the inside out.

Let's jump right in and start the challenge!

# Day 1 - Understand and Overcome Your Negative Bias

Negative bias is something we all share as humans in varying degrees. It's the accumulation of negative beliefs and experiences that displays itself in our self-talk or inner dialogue. It's often called the inner critic.

Your negative inner dialogue can range from mildly frustrating to downright crippling. Here are some examples that you've likely experienced yourself:

- I'm probably going to make a mess of this.
- I'll never get done in time.
- I know I won't do as good a job as the others.
- She'd never go out with me. I've nothing going for me.
- I'm such a loser!

## ***Why do we have a negative bias?***

While we often have positive self-talk, the inner critic is often louder and more predominant. When you become conscious of

this and reframe your thoughts, your inner dialogue will become positive and motivating.

The explanation is simple. Negative thoughts and beliefs stem from painful experiences. We tend to remember them and dwell on them until they become ingrained in our brains. Ironically, while it's a defense mechanism, negative bias can be seminally crippling and detrimental to your success if it becomes the norm.

### ***Steps to overcome negative bias***

Immerse yourself on the first day's challenge by reframing your negative bias. All it takes is intention and consistent practice with the following steps.

- **Stay present.** Prevent negative thoughts from creeping up on you by staying alert to your thought process. Pause throughout your day to monitor your thoughts and reframe negative ones with positive ones. For example, "I'll never get it done on time" can be reframed to "I'm going to do a great job and finish on time, too".
- **Pre-empt.** Silence your inner critic before it starts up with a stream of positive thoughts such as, "I'm going to shine", "This is

my chance to showcase my unique skills", "I can do it", and so on.

- **Be creative.** Look for new ways to do things to make them more enjoyable and motivating.
- **Recall past success.** Reframe past failures by dwelling instead on past successes and achievements, as well as situations where you successfully overcame particularly difficult challenges.
- **Hone your skills.** Keeping your skills and talents at their peak ups your confidence and motivation, and helps you overcome negative thoughts. Keep your current skills honed and up to date but also invest in learning new skills and experiment with new tools and software to boost your efficiency.

**In a nutshell:** Adopting a can-do mindset is your best weapon against negative bias. Continue to practice the steps above in tandem with the other challenges to begin the process of rewiring your brain. Continue to stay alert, pre-empt, and reframe until your brain starts to do it automatically.

# Day 2 - Rewire Your Mind with Affirmations

There's a lot of skepticism and even ridicule around the concept of affirmations. Some people regard them as simplistic and ineffective. Others view them as a kind of temporary self-hypnosis that has no lasting impact. Science is the best proof against these misconceptions because it's proven that affirmations work by enabling the brain to rewire and reframe thoughts.

When you repeat something to yourself often enough, your brain perceives that it's important to you and starts to process it as a permanent thought. A new neural pathway begins to form and deepen the more often an affirmation is repeated. The new neural pathway will dictate new positive behavior.

## ***Steps for practicing affirmations***

- Search online for 'affirmations for positive thinking. Make a list of 20-30 that speak to you. You can add more later, replace them, or even create your own.
- Choose 3-4 affirmations only, which you'll repeat daily over one week. Choose another batch for the next week and so on.



- Some experts advise that the best way to practice affirmations is by standing in front of a mirror and looking yourself in the eye. However, this isn't mandatory if you find it too awkward. Try it and see.
- Affirmations should always be in the present tense and never in the past tense. While some may use the future tense, they're more effective in the present.
- State your affirmations aloud and with conviction.
- Repeat each affirmation 5 times in succession before moving on to the next. The whole process should take no more than 5 minutes so it's no major interruption to your day.
- Affirmations should be practiced twice daily at the very least. Naturally, the more the better but twice daily is the minimum.

**In a nutshell:** Affirmations work. You'll begin to feel the change within 2-3 weeks. For some people, it will be faster while for others it will take a bit longer. Gradually, you'll begin to react with more positivity, optimism, and confidence. Develop a routine to practice your affirmations every day for 4 weeks until the new mindset takes effect. After that, make them a part of your routine by practicing them once or twice a week to refresh your brain and keep the positivity loop going.

## Day 3 - Reaffirm Your Greatness

All leaders, visionaries, and highly successful people have one thing in common. They recognize their greatness and affirm it through their actions and achievements. Not in an arrogant and boastful manner but rather with quiet modesty and humility. You'll find that truly great people are surprisingly humble.

What does affirming your greatness mean? It means being accepting and comfortable with who you are. It means recognizing your uniqueness and celebrating your special skills and talents. It means displaying and affirming your greatness to yourself and others every day.

Your challenge for day 3 involves rediscovering your greatness and putting it to work for you. This will reframe all of your negative self-beliefs and transform your whole outlook.

### **Steps for reaffirming your greatness**

- **Stay true to yourself.** Take a short time-out to sit down and reflect on who you are. Life can often mislead us away from our

true selves, causing us to lose our purpose and feel aimless or stuck in place.

Ask yourself the following questions:

- What are the things that bring meaning to my life?
- Who are the people that bring the most meaning to my life?
- What am I passionate about?
- What core values and beliefs am I unprepared to compromise on?
- What are my strong convictions?
- What are my life goals and dreams?

Once you've answered these questions, make the intention to never sell out but always stay true to yourself.

- **Display one unique trait or talents.** Identify and list the traits, skills, talents, or even physical features that are unique to you. It could be your sense of humor or great people skills. You might have strong technical or analytical skills. It could be an attractive smile or a good figure.

Choose one item from your list to highlight and display as much as you can throughout the day. Not only does this keep negative thoughts at bay but it's a great confidence booster as well.

- **Never compare yourself to others.** Envyng others for what you lack only magnifies your shortcomings and breeds

feelings of inferiority. Comparing yourself to others in order to weigh their flaws and weaknesses against your strengths is equally bad. It can falsely inflate your ego and breed arrogance. When you find yourself tempted to compare yourself to others, just kill the thought. Over time, you'll break the habit for good.

- **Bask in your achievements.** Successes and achievements bring us pride and joy but sometimes we don't take the time to bask in them and celebrate them. Make it a habit to celebrate your successes in meaningful ways to create a store of positive memories that keep your greatness top of mind. This could range from treating yourself to something special, arranging a special outing with loved ones, or celebrating with friends. It doesn't have to be expensive or lavish. Memorable and meaningful are the buzzwords here.

**The bottom line:** As your greatness blossoms, you'll shine. You'll exude self-confidence and purpose. You'll soar to new heights of achievement and success. You'll gain admiration and respect from everyone around you. Above all, you'll enjoy amazing inner peace, fulfilment, and self-respect. Just remember, don't let it go to your head and stay humble!

## **Day 4 - Create a Store of Positive Memories**

The goal of this challenge is to further insulate your mind against negative bias and the tendency to dwell on past negative experiences. This practice is especially beneficial if setbacks or bad situations bring up similar past experiences and the negative emotions that accompany them.

Creating a store of positive memories is like building a mental database of joyful experiences to draw on to stay positive and uplifted. This is especially helpful in difficult times and helps you avoid falling into a web of negativity.

Your store of positive memories should ideally grow to outweigh your negative thoughts. Gradually. Your brain will automatically turn to the positive as it forges a new neural pathway.

## ***Steps for creating a store of positive memories***



- **Do things you love.** Don't get so caught up in the rat race that you put yourself last and neglect the things that bring you personal enjoyment and fulfillment. Doing what you love is vital to your overall well-being so make sure that this becomes a regular part of your lifestyle.

Whether your passion is music, travel, or a particular hobby, make the time to indulge in it without guilt. Your me-time is one of the most powerful ways to nurture your self-worth and affirm your greatness.

- **Start a scrapbook.** A scrapbook is the ideal way to keep positive memories alive and vivid. Flipping through its pages will

enable your brain to instill them faster as you experience the rush of joy and uplifting emotions.

Create your scrapbook with photos, videos, inspiring quotes, and brief descriptions of the events. So whether you're celebrating a special event or having a simple family picnic, be sure to take photos and record videos.

- **Celebrate your successes.** We discussed this one earlier as an effective way to affirm your greatness but celebrating your successes in better ways also expands your store of positive recollections.

- **Foster your meaningful relationships.** Your relationships with loved ones and close friends play a big role in keeping you positive and motivated. These wonderful people accept you for who you are and support and encourage you through thick and thin. Keeping this in mind and recalling specific situations of empathy and support will give you the confidence and courage to keep going in the face of crises and difficult times.

**In a nutshell:** As your store of happy memories expands, so will your overall motivation and purpose. Your life will have more

motivation and purpose. You'll find yourself seeking opportunities to create great lasting memories every day.



## Day 5 - Find Your Inner Pond of Tranquility

Close your eyes for a moment and imagine a beautiful crystal-clear pond at the very center of your being. This is your pond of inner tranquility. It reflects your emotional state of mind at any given moment.

When you are calm and peaceful, your inner pond will be perfectly still. The surface will be clear and glassy without a single ripple disturbing the surface. When you're irritated or stressed, your inner pond will be turbulent. The surface will be cloudy and agitated with many ripples spreading across it. When you're extremely distressed and emotional, your inner pond will be stormy with violent ripples or even waves crashing around the edges.

Today's challenge will help you control your inner pond to regain your tranquility and stay calm throughout the day.

## **Steps for managing your inner pond**

- **Check in with yourself.** If you feel distressed or unable to focus, or if your inner critic starts acting up, close your eyes and visualize your inner pond. Breathe slowly and will the ripples to calm until they disappear and the surface becomes glassy and still. Bask in the peace and stillness for a few minutes. When you reopen your eyes, you'll feel perfectly composed and peaceful.
- **Learn to slow down.** Practice monitoring your movements and slow down. Rather than rushing around and feeling pressured, move with quiet purpose and calm. This applies to your speech as well. Taking it slowly will make you more efficient and focused. What's more, your inner pond will remain calm for longer periods.
- **Consider meditation.** If you aren't practicing meditation already, you should consider making it part of your lifestyle. Meditation is closely associated with inner peace, acceptance, wisdom, and hope. These are all powerful qualities that feed into your inner pond and nurture your inner tranquility.
- **Listen to music.** Music isn't just food for the soul but for your inner pond as well. It can transport you to realms of peace and bliss you never imagined possible. Create a playlist of

uplifting tunes and let them work their magic. Consider listening to music when you practice your inner pond visualization as well.

- **Commune with nature.** The calming and healing properties of nature are miraculous. Immerse yourself in the beauty of nature as often as possible and almost immediately you'll experience tremendous calm and wellbeing.

**The bottom line:** Learning to visualize and calm your inner pond is a powerful exercise for keeping your mood balanced and uplifted. When you do it consistently, you'll gain tremendous focus and clarity and be less prone to distractions and negative thoughts. Your stress levels will plummet because you don't allow them to build up. The result? A wonderful sense of inner peace and calm that will allow you to navigate your day with poise and dignity.

## Day 6 - Adopt the Less is More Mentality

'Less is more' is the motto of minimalists the world over. Unfortunately, many people find the idea of minimalism unattractive as they associate it with frugality and deprivation. Nothing could be further from the truth. Any minimalist will tell you that this mindset has brought them tremendous enrichment and abundance.

Your challenge is to lay the groundwork for the less is more mindset by amplifying your life. The less clutter in your mind and surroundings, the calmer, clarity and focus you'll gain. More importantly, simplifying your life allows you to focus on what's meaningful and valuable.

### *Steps for simplifying your life*

- **Minimize your surroundings.** Physical clutter fatigues and exerts the brain. This is why we often feel stressed and tense in cluttered surroundings without knowing why. Quite simply, clutter and mess sap mental energy.

Use this day to declutter and simplify your home and workspace. Realistically, you may not be able to do this in one day if, like most of us, you've accumulated a lot of essentially useless stuff! At least, take the first step and consider decluttering one room at a time. Tidy your space and get rid of things you don't use regularly. The result should be a simple streamlined space that's both relaxing and inviting. There are no set rules for how minimalist you should go, just whatever you're comfortable with.

- **Release your repressed emotions.** Oftentimes, we repress negative emotions like anger or jealousy because we feel it's inappropriate to display them openly. Unfortunately, these emotions continue to simmer inside, causing inner turmoil and stress.

Thankfully, there are several nonverbal ways to release repressed emotions:

- Creative activities like pottery, painting, singing, or writing poetry.
- Vigorous physical exercises like running, playing team sports, or dancing.
- If you enjoy gardening, it's a great therapeutic activity that promotes mental calm and emotional release.

If any of these activities fall under the category of things you love to do, so much the better!

- **Simplify your relationships.** Some relationships can clutter and complicate your life unnecessarily. These include superficial relationships that aren't going anywhere and exploitative ones where you do all the giving. Abusive and destructive relationships also fall under this heading.

Take stock of your current relationships and phase out those that aren't serving you well and are sapping your time or peace of mind. Take stock of your social circles as well and don't spread yourself too thin. Narrow down your circle of friends you enjoy being with and who love being around you.

- **Buy what you need, not what you want.** Our obsession with material possessions is insane. We feel constantly driven to buy bigger, better, and trendier regardless of what we already have. Our closets are overflowing, our homes are cluttered, and our cupboards are crammed with stuff we hardly ever use.

Wean yourself off the lure of material possessions by making one simple intention to buy only what you need rather than what you want.

You'll likely struggle with this at first but stay firm and don't back down. When you begin to see how simpler and easier your life becomes, not to mention how much money you save, it'll make total sense and you'll have no trouble making it a habit.

- **Avoid senseless conflict and competition.** An untamed ego can cause you to get caught up in senseless conflicts to prove yourself superior. Likewise, you may regard every situation or conversation as a competition where you have to come out a winner. It's easy to see how these situations, rather than satisfy you, can be stressful and negative. They can escalate into serious confrontations or grow into huge grudges.

Avoid these types of situations by simply avoiding them. Who needs more stress in their life?

**The bottom line:** The less is more mentality is a remarkable source of personal enrichment and abundance that fosters positivity and peace of mind. As you grow and strengthen this mindset, you'll liberate yourself from the lure of materialism and all that is trivial.

Start practicing the challenge and discover first-hand that rather than deprivation, you'll enjoy more abundance!

# Day 7 - Celebrate Your Wealth of Abundance

Abundance has nothing to do with material wealth. It can be argued that the less material wealth you have, the more abundance you can create in your life. The definition of abundance is broad and includes:

- Great family bonds
- Strong relationships that grow and flourish
- Career advancement and success
- Personal achievements and successes
- The enjoyment of simple comforts and pleasures.

Today you'll immerse yourself in discovering the richness and abundance in your life and celebrating it. This will reframe your perception of abundance and strengthen the loop of positivity generated by the other 6 challenges.

## ***Steps for creating personal abundance***

- **Celebrate what you have.** Look around you and note all of the things you may have been taking for granted such as the loving supportive people in your life, a steady job, or the small



comforts of your home. This will reframe your thoughts from dwelling on what you lack and the negative emotions this generates. Your appreciation for how rich your life already is will fill you with gratitude and joy.

- **Know the value of quality time.** Quality time spent with loved ones, friends or even yourself is a precious commodity to be valued. It will expand your store of positive memories and keep you passionate and excited about life. You must schedule quality time once or twice a week to enjoy the rewarding benefits of this practice.

- **Be grateful.** Nothing floods the heart and mind with joy and peace more than gratitude. Celebrating your abundance essentially means counting your blessings and giving thanks for them. Keeping a gratitude journal is a good way to count your blessings on a daily or weekly basis.

If journaling isn't your cup of tea, just send a mental note of thanks to God or the universe for all the abundance you've been blessed with. Again, practice makes perfect. The more consistently you do this, the faster your brain will rewire and automatically keep you grateful every day.

- **Thank others.** Expand your gratitude even more by developing the habit of thanking others. Express your appreciation to your loved ones often and tell them how lucky you are to have them in your life. Thank your friends and coworkers for their encouragement and support. Thank helpful salespeople and strangers who take the time to lend you a hand.

Look for these windows of opportunity to make others feel valued for making you feel worthy and valued.

**In a nutshell:** Your life is incredibly rich and abundant if you take the time to recognize and count your blessings. When you practice this habit and make it a permanent mindset, you can be sure that you'll never be the same again.

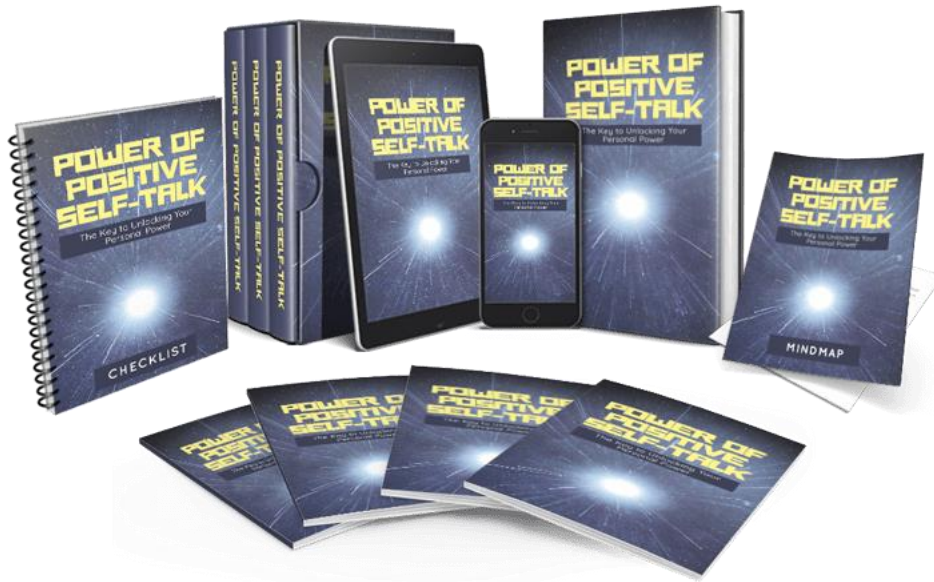
# Conclusion

These 7 challenges are geared to accomplish two things. First, they'll instill several transformative mindsets that will change both your behavior and perspective. Secondly regularly engaging in other practices like affirmations and affirming your greatness will create a loop of positivity that continues to grow stronger.

As you can see, the challenges are simple and easy for anyone to adopt. All they require is patience and practice.

Can reframing your inner thoughts change your life? Take the challenge today and find out for yourself!

# Ready To Break Free From The Chains Of Self-Doubt And Negative Self-Talk?



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