



THOUGHTS DETOX

Did you know that negative thoughts can be just as harmful physiologically as environmental toxins? If you can transition the soundtrack in your mind to a more positive track, you will help rid your body of additional toxins.

INSTEAD OF...	TRY THIS...
"I could have / would have / should have _____"	"Moving forward, I will _____"
"If only I had _____"	"I learned that I _____"
Replaying painful conversations or situations in your head (even those that haven't yet occurred)	Rewrite or envision the outcome in the best possible light
Living in the future	Live mindfully in the present
Speculating about outcomes	Remain open to possibility
Using a passive voice	Use an active voice
Being dishonest with yourself	Dig deep to find your truth
Going through the motions	Give 100% in your commitments