

Stinkin' Thinkin'

What It Is | Where It Comes From | What It Does | How We Can Change It

"Your mind is your best friend. It is also your worst enemy." ~Shirzad Chamine

WHAT IS STINKIN' THINKIN'

I Can't Messages

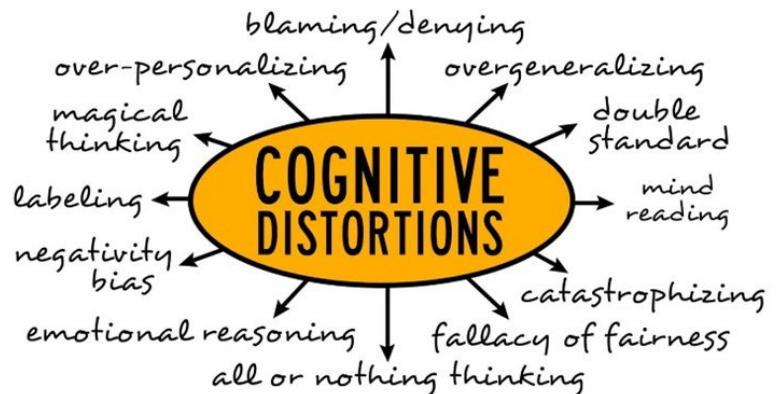
I Won't Messages

I'm Not Messages

WHERE IT COMES FROM

Internal Drivers

External Drivers



WHAT IT DOES

To Our Confidence

To Our Expectations

To Our Attitude

To Our Outcomes

TAKE THE MICROPHONE BACK!

“We don’t get to choose our thoughts or the feelings they can evoke, but we absolutely get to choose what comes next, and we must take ownership of those choices because it has the potential to change everything!” ~Lori Buxton

Interrupting Negative Thought Cycles

- ✓ Recognize Negative/Toxic Thoughts
- ✓ Disrupt the Thought(s)
- ✓ Confront the Stinkin’ Thinkin’ with the Truth

Recognize Negative/Toxic Thoughts

- Emotional Cues
- Physical Cues
- Behavioral Cues

Disrupt the Thought(s)

- Touch techniques
- Visual techniques
- Auditory techniques
- Breathing techniques

Confront the Stinkin’ Thinkin’ with the Truth

- ♥ What do I believe?
- ♥ What do I know?
- ♥ What would _____ say?

DON’T GIVE UP! 1% BEATS 0%

“Can’t clean the whole room? Clean a corner of it. Can’t do all the dishes? Do a dish. Can’t get in the shower? Wash your face. Always look for the thing you CAN do, with the energy and focus you DO have. Little wins pave the way for bigger wins. 1% beats 0%” ~Dr. Glen Doyle
