



BUILDING THOUGHT AWARENESS

Did you know that thoughts are contagious? Emotions are too! We are social creators wired for connection. So, when we are in groups, families, work environments, we have a greater likelihood to be exposed to a significant number of thoughts and feelings. Think about the simple act of yawning. You see someone yawn, and you mirror their action. Engaging in conversation can be the same—this is how we also have the power of influence. When we build our thought awareness, we begin to take control of our thought process.

As you move throughout the day, begin building your thought awareness. How?

As thoughts come in, ask yourself this series of questions:

- Is this my thought or is this thought/belief being influenced by someone else?
- Can I hear someone else making this statement?
- Who is speaking?
- Is the thought working for you?

Building thought awareness helps us carefully develop a greater perception. We are all influenced whether unconscious, consciously, or automatically. Becoming aware helps us take control of our thoughts.

Use the space on the next page to work through your answers and build greater thought awareness. If the thought does not belong to us, we do not have to keep it cycling through our mind.

THOUGHT WORKBOOK

Is this my thought?

Use this space to provide more details, or to expand on the question. Keep this within 2 to three lines

Am I being influenced by someone else?

Can I hear someone else speaking these words?

Who is speaking? Are they important to you?

THOUGHT WORKBOOK

Is this thought working for me?

Do I want the thought to impact my entire day?

Is this something I need to address with someone else?

What is a counter thought that would help me feel better?