



THINK STRONG

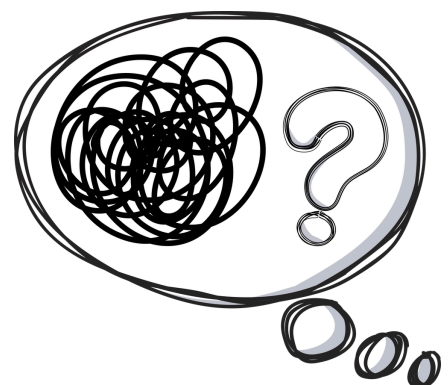
Not Every Thought is True



NOT ALL THOUGHTS ARE FACT

"Not all thoughts are fact" emphasizes the importance of questioning our internal narratives. Often, we perceive thoughts as truths, but many are based on emotions or assumptions which are normally based on our lived experiences.

By challenging these thoughts, we create space for clarity and reality, fostering healthier habits and promoting a more balanced perspective on life..



JUST A THOUGHT, NOT A TRUTH

For a day, treat your negative thoughts like annoying salespeople. When they show up, say, “I’m thinking …” before they can pitch their nonsense! Speak it out loud if you’re feeling dramatic—bonus points if your dog listens.

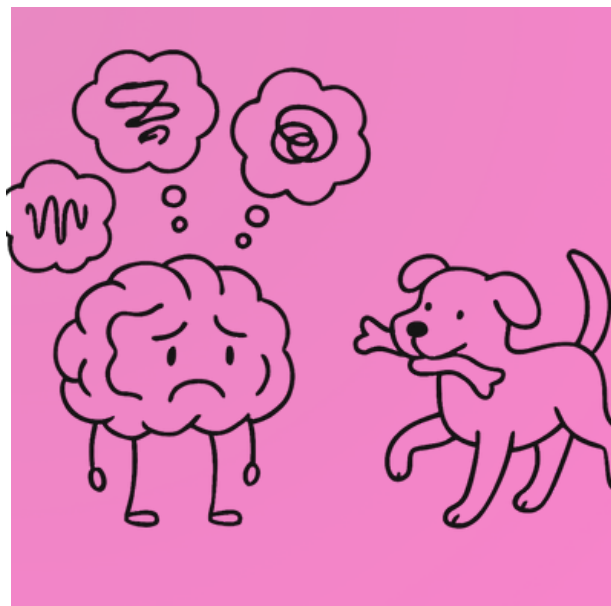
Why It Works: It gives your brain a mental buffer, like a bouncer at a disco, keeping out the uncool people!



BAD NEWS BRAIN

At the end of the day, jot down three things that went well. Even if it's just finding that matching sock!

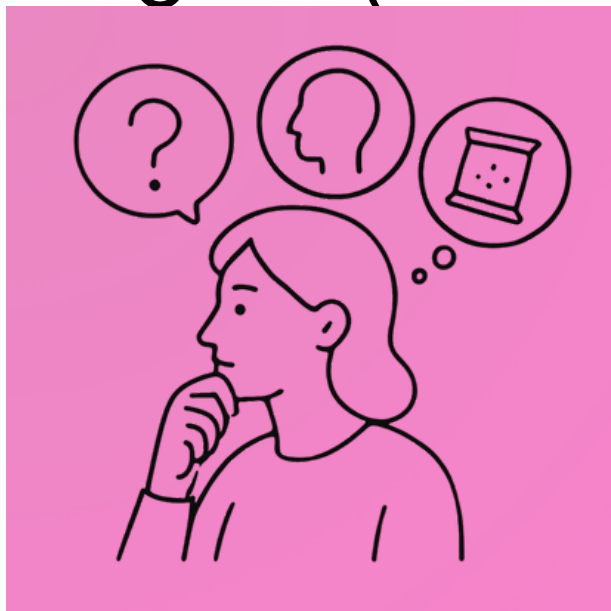
Why It Works: Your brain is a natural-born worrywart. This habit helps it remember the good stuff, like a dog bringing a stick back instead of chasing its tail.



MIND READING MODE “OFF”

When you're convinced you know what someone's thinking about you, hit pause! Think of two other possible reasons for their behavior—like maybe they're just hangry!

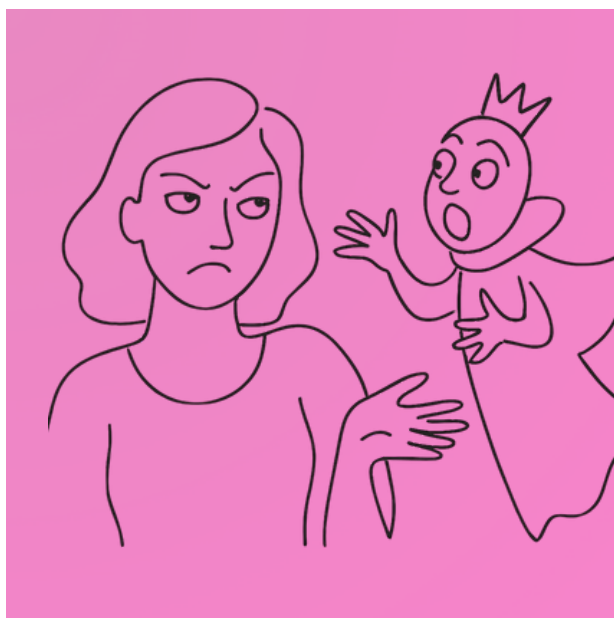
Why It Works: We often assume people are judging us, but they might just be preoccupied with their own thoughts (or snacks).



MEET YOUR INNER DRAMA QUEEN

Give your inner critic a hilarious nickname—like “Lazy Lesley.” When she starts questioning your healthy choices - ignore her!

Why It Works: Naming it takes the drama down a notch, like turning a soap opera into a sitcom. Now you can laugh instead of cry!



WILL THIS MATTER?

When something bugs you, ask yourself if it'll matter in ten minutes, ten days, or ten months.

Spoiler: it probably won't!

Why It Works: This helps you put things in perspective—like wondering if you'll still care about that last slice of pizza gone missing a year from now.



THOUGHTS INVESTIGATION

Pick a recurring thought and put on your detective hat! Write down the evidence for and against it. Channel your inner Sherlock!

Why It Works: Treating thoughts like a case helps you see how many are based on flimsy evidence—like believing your cat is plotting world domination based just on its glare!

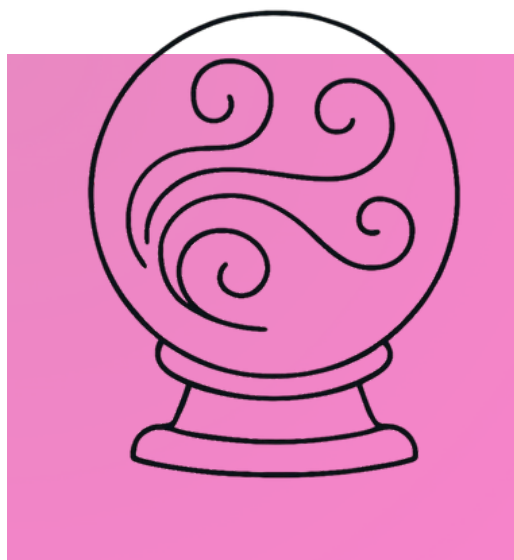


CRYSTAL BALL THINKING

Notice when your brain plays psychic and predicts doom.

Write it down, then check back later to see if it came true. Bet you'll be surprised!

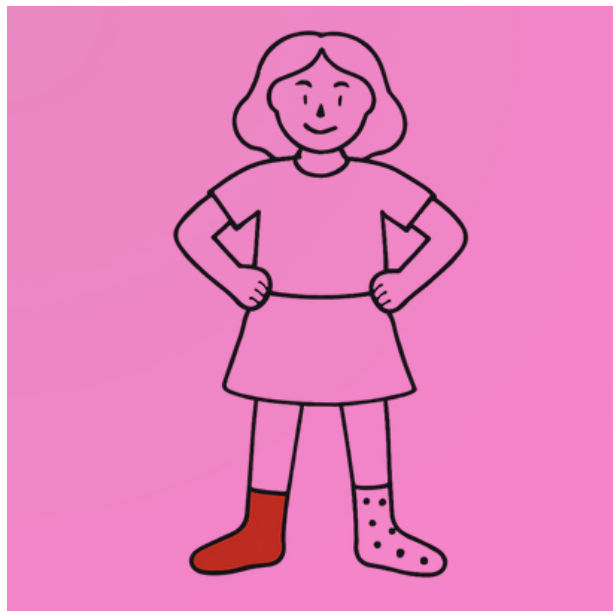
Why It Works: Your brain loves to jump to conclusions, based on past experiences. Your past does not dictate your future.



THOUGHTS AREN'T ORDERS

If your mind says “I can’t do this,” do one small thing anyway—like putting on mismatched socks with confidence!

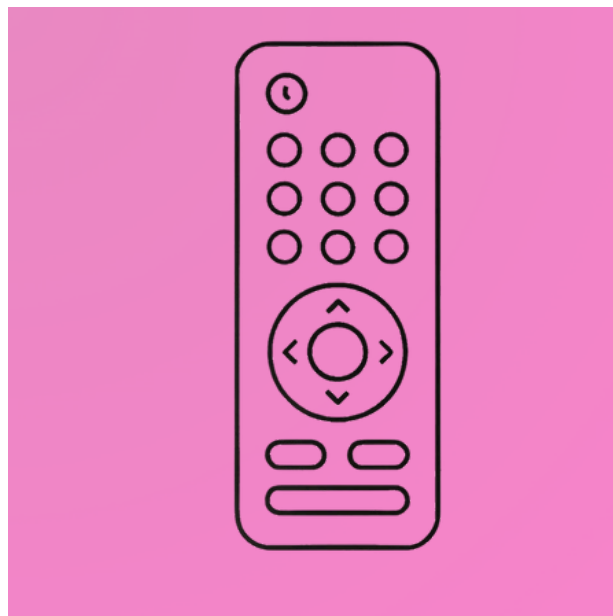
Why It Works: This separates thoughts from actions, proving that just because your mind says “no” doesn’t mean you have to listen—like ignoring a toddler’s tantrum.



HELPFUL OR JUST LOUD

When a persistent thought reoccurs, pause and ask if it's actually helpful. If not, redirect it faster than you'd change the channel on a boring show!

Why It Works: Not all thoughts deserve your attention—kind of like that friend who always talks about a TV soap like its real life.



SAME STORY, DIFFERENT SPIN

Think of a recent event and think of two totally different interpretations from your original thought.

Make one as wild as a soap opera plot twist!

Why It Works: This shows how flexible your mind can be—like a yoga instructor on caffeine. Your first thought isn't the only show in town!



CONCLUSION

Remember, not every thought is true, useful, or worth your attention.

Your mind constantly creates ideas and assumptions, but you don't have to accept them all. By pausing and questioning them, you create space for clarity and calm.

See thoughts as passing clouds, not facts.

With practice, you'll focus on what matters and find your own truths.

