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I have excellent control over my thoughts, but sometimes I still experience negative thoughts. I accept that having a few negative thoughts is normal. A few negative thoughts are okay, because **I know that I can overcome them.**

I avoid thinking negative thoughts, but when they do occur, I choose to override them. I know what I need to accomplish, and I accomplish those things in spite of any negative thoughts I might have.

I know that I have a choice, regardless of any negative thoughts.

Many people allow their negative thoughts to derail their plans. I am stronger than this. **I have the strength to continue even when I feel doubt or uncertainty.**

I know that negative thoughts are usually false, so I can easily dismiss them. I use my logic to make wise decisions, and I stick with those decisions.

My emotional strength is growing by leaps and bounds. **My mental strength allows**

me to do things others are afraid to even try. My negative thoughts are easily overwhelmed by my inner strength.

Today, I am only allowing myself to have positive thoughts. I choose to ignore any negative thoughts I might have today. I am stronger than my negative thinking. I can choose to have positive thoughts today.

Self-Reflection Questions:

1. What impact do negative thoughts have on my life? What would happen if I were strong enough to overcome them?
2. When have I come up short because of negative thinking?
3. What would my life look like if I were mentally stronger?