

THOUGHTS MATTER!!!



MIND YOUR ANTS



AUTOMATIC NEGATIVE THOUGHTS



NOTICE YOUR THOUGHTS

How do your thoughts make you feel?

Are you thinking positive or negative thoughts?

TYPES OF THOUGHTS



ANGRY



SCARED



CONFUSED



SAD



SURPRISED



QUIET



HAPPY



LAUGHING



SILLY



THINKING

THOUGHTS ARE POWERFUL & EFFECT... WHAT?

Mood, Emotions, Attitude, Posture, Relationships, Energy, Health, Focus, School, Work, Growth, Decisions, Brain, Breathing, Mind... Everything You Do!



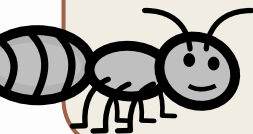
#1 TECHNIQUE TO STOMP OUT YOUR ANTS

STOP stands for:
S = STOP! Tell the thought to STOP!

T = TAKE A BREATH, or two or three.

O = OUTCOME. What result do you want? Ask yourself what do I want from this thought, issue, situation? Take a moment to think about your end result. Change your reaction.

P = Praise. Yes!! Celebrate you stopped a negative thought.



BE KIND TO YOUR WANDERING THOUGHTS

Don't judge yourself or obsess over the content of the negative thoughts. Be aware and Practice, Practice, Practice, the STOP technique to Live an ANT Free life!

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