As You Think, So You Become

Find balance between your mind and your heart

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DAY 1: Noticing Your Thoughts

What thoughts have I been returning to most often lately?

- What ideas or beliefs feel automatic or familiar to me
- How do these thoughts influence how I see myself or my situation
- Do these thoughts feel supportive or limiting

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DAY 2: Tracing The Source

Where did these recurring thoughts come from in my life?

- Were they shaped by past experiences or something I was told
- Have I questioned these thoughts before or simply accepted them
- Do they reflect who I am today or who I used to be

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DAY 3: Questioning What Feels True

Are the thoughts I believe completely true in every situation?

- Can I find examples where this thought was not accurate
- What might I be overlooking by holding onto this belief
- What else could also be true alongside this thought

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DAY 4: Creating Balance

Am I leaning more on my mind or my heart in this season of life?

- Do I tend to overthink or react quickly without reflection
- What would it look like to pause and check in with both
- How could I bring more balance into my decision-making

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DAY 5: Choosing Your Focus

What thoughts do I want to give more attention to moving forward?

- Which thoughts help me feel more open or grounded
- How can I gently return to these thoughts when my mind drifts
- What small shift can I practice consistently this week

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REFLECTION

What have I learned about how my thoughts shape my experience?

- How has my awareness changed the way I see my thoughts
- What feels more balanced or clear for me now
- What will I carry forward as I continue this practice