

## REFRAMING EXERCISE

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The human brain is a complicated and amazing organ that can be used to gain knowledge, lead to discoveries and experience great insight. Unfortunately, most people's brain usually runs unchecked—unconsciously playing out the conditioning they received as a child.

Studies show that about 80% of people's thoughts are not only negative, but habitually repeat themselves over and over throughout the day. Like anything in life, repetition deepens the groove of habit and becomes the norm. It is no different with thought patterns. In fact, MRI imaging has shown that negative thoughts stimulate the parts of the brain that create depression and anxiety, making the pattern of negativity even more difficult to break.

To help you break free of old patterns that hold you back from living a happier, healthier and more successful life, use our Life Coach in-a-Book's reframing exercise seen below. Simply follow the prompts to acknowledge the most pervasive thoughts that affect you in a negative way. Next, try to identify the root of these thoughts and reframe them in a more helpful way.

Note: It's perfectly healthy to experience perceived negative emotions such as distress, disappointment, frustration and even anger. When kept in perspective, these feelings can act as a catalyst, leading us to a better place.

<b>SITUATION:</b>	<i>I didn't get the promotion I wanted.</i>
<b>NEGATIVE THINKING:</b>	<i>I stewed in the disappointment of not getting the offer and used it as an excuse not to move forward.</i>
<b>REFRAMED:</b>	<i>I need to reflect on where I need to improve, or see what happened as an opportunity to seek out positions more suited to me.</i>

<b>SITUATION:</b>	<i>I got stuck in traffic driving my son to his baseball game and missed the first inning.</i>
<b>NEGATIVE THINKING:</b>	<i>I was completely stressed out, yelling the entire way to the game.</i>
<b>REFRAMED:</b>	<i>Next time, I'll choose to use this opportunity to engage with my son. I'd be so grateful to have the time to sit and talk with him!</i>

<b>SITUATION:</b>	
<b>NEGATIVE THINKING:</b>	
<b>REFRAMED:</b>	

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Find additional tools for success in our 90-day goals planner, *The Life Coach in-a-Book*. It is designed to be your accountability partner and personal coach—one that will keep you motivated, focused and on track to reach your goals.