Ways to refresh and reframe:

1. An easy and effective one to remember is: Write your own prescription **I am the man or woman who**….whatever counters your disempowering thought.

Old paradigm arises: Hit pause button. It's just information, a message from my paradigm
   1. Take a breath
   2. Ask what would you love to create in this moment
   3. Take any action in the direction of your dream, even if it's to read your vision statement.

Here are a few other ways to refresh and re-pattern when we are thinking in a negative way.
   2. Excuse me I am interrupting this broadcast with an important message from my soul, I am a child of God and I am…. State what would counter the negative thought.
   3. Counter the voice in your head, ie I am worthy of all I desire.
   4. Read your vision statement
   5. Make an appt at Friday at 3pm with your fear, doubt and worry.
      If you need to keep the appt., give it a voice and write down what you hear or sense. See if there is any truth in it.
      Then ask two questions:
       a. Is this happening right now?
       b. Do I want this to happen, if not put your attention elsewhere.
       c. Know that you and your God together can handle anything.
   6. I decline to be discouraged
   7. Up until now, add it when you find yourself saying an old program, ie my house hasn't sold, up until now. I haven't lost any weight up until now. Up until now sends the message to your unconscious or the

captain that we have turned the rudder and are headed in a new direction.

8. The universe is conspiring for my success
9. God is on my side
10.I have plenty of money (or fill in the blank, ie time), for everything I want to do have and give.

Your paradigms are going to be fighting for their lives, so they will come on strong, the more you push for your new life the more they will fight back, until you change the old patterns.
These may sound like simple steps but they work if you use them.

After you have redirected your thoughts, ground with an action step towards your dream. Read your vision statement, make a phone call etc….