

Exercise: Thoughts Become Things

Your thoughts have the power to mold and shape your reality, turning into actual things and events in your life. This concept becomes clear when you observe how different mindsets influence people's lives. Have you noticed anyone who always seems to be stuck in negative thoughts? Maybe someone who's always saying they're tired or feels like bad luck follows them everywhere. Then there's the flip side: people who are always upbeat and positive. Do you see how their outlook might be shaping their life? How do their outcomes look different compared to those stuck in negativity? It's clear that our thoughts and attitudes can change our lives for the better or worse.

Are there people in your life where you recognize that their thoughts have a direct affect on what is manifesting or showing up in their life?

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