

The ten day mental challenge

This exercise enables you to take control of your mind by not allowing you to hold one negative thought consistently.

- During the next ten days, refuse to hang on to any negative or unresolved thoughts, feelings, questions, words or metaphor.
- When you catch yourself focusing on the negative, and you will, immediately ask yourself questions to do to get you to a better place.
- When you wake up in the morning, ask yourself the to do questions (attached). Just before you fall asleep at night, ask yourself the to do questions. This will do wonders to keep you feeling good.
- For the next ten consecutive days focus completely on solutions and not on problems.
- If you have a lousy thought, question or feeling, don't beat yourself up. Just change it immediately. If you dwell on any of these for more than five minutes, however, you must wait until the following morning and start the ten days over.

The goal is ten consecutive days without dwelling on a negative thought. Anytime you dwell too long on the negative, you must start over; no matter how many days in a row you have already met the challenge.

I want you to know that the power of this ten day challenge is truly amazing. If you stick with it, it will start a parade of benefits in your life that won't stop.

- It will make you see the mental habits that hold you back.
- It will make your brain search for powerful, helpful alternatives.
- It will give you a tremendous jolt of confidence as you see you can turn your life around
- It will create new habits, new standards, and new expectations that will help you grow and enjoy life more and more, every day!

Department 707

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| Day one | |
| Day two | |
| Day three | |
| Day four | |
| Day five | |
| Day six | |
| Day seven | |
| Day eight | |
| Day nine | |
| Day ten | |