



Work (Energetically) Smarter Mastermind

with Karen Geddis

MODULE 3

Changing Thoughts

Changes Beliefs

YOUR BELIEFS ARE JUST REPEATED THOUGHTS

Beliefs are repeated thoughts. They are just another habit, so a lot of the time we don't even know they're there.

Our feelings, however, show us the belief is there. How we feel is a reflection of where our thoughts are.

We tend to take action depending on our current emotional state, and action out of fear looks very different to action taken from a moment of total confidence.

HOW YOU ARE FEELING BRINGS MATCHING THOUGHTS

Knowing you have more chance of thinking untrue thoughts when you are feeling off, is one of the keys to everything changing in your life.

Train yourself to become more aware of how you are feeling – good or not so good.

Use the Emotional Guidance Scale (over the page) as a guide.

TIP: Leave post it notes everywhere with prompts like, “How am I feeling in this moment?” “How do I feel NOW?” to start training yourself and to become more in tune with your feeling state.

‘You have more chance of thinking untrue thoughts when you are feeling off.’

The Emotional Guidance Scale

1. Joy/Appreciation/Empowered/Freedom/Love
2. Passion
3. Enthusiasm/Eagerness/Happiness
4. Positive Expectation/Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom
9. Pessimism
10. Frustration/Irritation/Impatience
11. Overwhelm
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealousy
21. Insecurity/Guilt/Unworthiness
22. Fear/Grief/Depression/Despair/Powerlessness

From the book "Ask and It is Given" by Esther & Jerry Hicks, pg. 114

GETTING A HANDLE ON YOUR THOUGHTS

When you can intentionally choose a thought –any thought– that feels better and you pay attention to how it **feels**, then you’re able to move yourself up the Emotional Scale straight away.

What you’re looking for is a feeling of relief – a feeling better.

That’s your signal that you’re on the way toward raising your vibration and getting closer to where you’ll find your intuition/Higher Self.

“It is so empowering to know that all you have to do is think a thought that makes you feel just slightly better about something.”

EXERCISE: FLIPPING YOUR THOUGHTS

When you know what you don’t want, it’s easy to work out what you do want. When you notice that you’re feeling negative, or off, STOP and acknowledge that you are obviously putting your focus on something that you don’t want.

Say or think about what it is you don’t want.

Now, state to yourself what you do want. By starting to shift your focus onto what you do want you’ll stop the attraction of more of what you don’t want, and you’ll start another habit: easily being able to flip your don’ts into dos. You’ll get better and better at it the more you practice.

EXERCISE: TALKING YOURSELF ROUND

This can be done in your head (or by talking to yourself, if you're alone), but to get a really strong focused intent, writing is the most effective way to do this 'talking yourself round' exercise.

Start by stating how you feel about whatever it is you've got going on – it doesn't matter what happened, because you really want to identify how you **feel**.

For example: My partner doesn't help out enough around the house and I feel annoyed and resentful.

Now, STOP and set your intention to think better feeling thoughts about this.

Write (or think/say) anything that comes into your mind, trying to find something that feels a little better.

There's no right or wrong – this is about whatever feels better to YOU.

He doesn't appreciate how much effort I put into things around here [same]

He only thinks about himself [same]

He does take out the trash every Friday [better]

I have way more on my plate than he does [worse]

He takes the kids to school when I am too busy or not feeling well [better]

I've seen him fold washing for me without asking [better]

I know he also works hard in his own way at his own job [better]

All the times I've asked him to do something around the house he's done it without question [better]

Maybe I just need to ask more. Maybe he thinks I'd ask if I needed help. He's not a mind reader. I am feeling so much better now.

You only need to spend a few minutes on this to move yourself up the Emotional Scale.

