

The image features a silhouette of a woman's head in profile, facing right. The interior of the head is filled with a vibrant sunset scene over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water's surface. The sky is a mix of orange, red, and white. The woman's hair is dark and appears to be pulled back. The overall composition is centered and uses a high-contrast color palette.

Carol L. Lawrence

# CREATING AMAZING!

Your Thoughts Create Your Reality

# Your Thoughts Create Your Reality

We have an abundance of choices regarding how we think and live. In every moment there are choices. Always choose thoughts and actions that support your highest potential. Spirit/God will guide you if you allow IT to do so.

Understand that every thought has a consequence, therefore, oversee your thoughts. Notice your thoughts and consciously decide whether to keep them or let them go.

**Pay attention to your inner dialogue.** If you hear unwanted self-talk, **STOP** the flow of thoughts immediately and redirect them. Choose a new destination for your thoughts. Focus your thinking toward a higher vibration, a life affirming mindset, with uplifting, positive self-talk.

Be aware of the triggers that lead you to say things you may regret. Use your awareness and intuition to guide your decisions.

When your mind goes in an unwanted direction, take notes and update your thought pattern. When stuck in this kind of thought loop, do something different. Change the direction of my thoughts.

This may mean changing your environment, take a walk outside, listen to music, play sports, write out your thoughts. Just find something else to do.

**Practice observing your thoughts and choosing new ones.** Avoid repeating destructive patterns over again. Be aware of your thoughts. Watch and choose carefully. Know how to replace them with thoughts that serve your higher self.

**Today, acknowledge that your thoughts are powerful tools.** Use your thoughts to create a better reality for yourself and others. Use your thoughts wisely and intentionally.

## Self-Reflection Questions:

1. How can I learn to use my thoughts to improve my life?
2. How can I be conscious of my thoughts to direct them as tools instead?
3. Where can I direct my thoughts in ways that help me achieve my highest potential?

## The Challenge:

Re-read the statements on the previous page.

Re-create them as personal Affirmations using "I" statements.

# Master Your Mindset Master Your Life @ The School of Mindset Mastery

Namaste Divine Beloveds,

Thank you for accepting this free gift of a few thoughts on "Your Thoughts Create Your Reality" from my blog, ***Just Thinking***. If you've been a subscriber through the years, I'm grateful that you've allowed me to share my thoughts with you and for the comments you've shared with me.

If you're new to "Just Thinking," WELCOME. I'm honored to have you onboard and I look forward to your comments.

Creating Amazing (Create Your Amazing ...), is an exclusively online spiritual community embracing the simplicity of spirituality that honors the dignity of everyone as unique expressions of God; where forward thinkers, and co-creators gather to draw from the Source of universal spiritual principles, streams of ancient wisdom and great spiritual traditions, practice the conscious presence of oneness with Spirit in each moment discovering our own creative magnificence.

There's group coaching, 1:1, Webinars, classes, networking, ... a place to Discover your creative magnificence: Knowledge of your Divine power within, Courage to Dare to think in new and empowering ways, & Faith to do what it takes. You're invited to take this amazing life journey together.

Intuitively Yours,

*Carol*

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