



In times of trouble, you want to be able to master your mindset and you want to be able to see yourself as a problem-solver, not as a victim.

Become aware of the negative thoughts that surface. After your awareness you want to start reprogramming your brain to think differently about yourself.

You do this by declaring who you are and anchoring that declaration with a physical anchor, which I will explain later.

Here are the steps.

1. Pick out a declaration to use for one week.
2. When you notice a negative thought, clasp your hands and say your declaration.
3. Immediately touch your head and repeat, "The Drama Stops Here."

Declaration: a statement that is emphatic and explicit (spoken or written)

1. I am able to meet my needs.
2. I am creative.
4. I am able to see the opportunity.
5. I am resourceful.
6. I am a problem solver.



MANTRA: a commonly repeated word or phrase

Another option for calming your mind is to select a mantra so you can relax and let your solutions come. Here are a three that have worked for me:

1. All my needs are met.
2. This too shall pass.
3. When it comes to growth, comfort is not a requirement.

March is Stop Your Drama Month

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