

“PURGING OLD IMAGERY”

By Trish Blackwell



Today we will be laying new tracks for our thoughts. Thoughts in our minds work like a railroad track. We train our minds to think through repetition. Each time we think in a certain way, we are deepening the pathway or neurological path through our minds, making it easier and easier to follow that trail with each thought we think. Our thoughts are like muscles; the more we work them in one specific way, the stronger they will get in that way.

It's time to derail your own tracks. Dig them up and start laying out a new foundation for yourself.

DETOXIFY:

On a blank sheet of paper draw a set of railroad tracks. These are to represent your old thought patterns. Underneath the railroad tracks write out phrases that you used to tell yourself or things you used to believe about yourself. Next, take a Sharpie or dark pen and cross through the words and phrases. Take a clean sheet of paper and reroute your railroad tracks. This time, when you draw your tracks, make them arrive at the destination of “happiness” and “confidence”. Next to your new tracks write out all the adjectives that you wish to start associating with yourself in your personal thought journey from here on out.

DEFINE:

One of the best ways to eradicate insecurity is through visualizing yourself as being “successful.” Today you will redefine your understanding of yourself by associating the word “successful” with yourself. Repeat the following phrase throughout the day: “I am successful at all that I do and I will continue to live successfully and fully with each day that I have given.”

DARE:

Your dare for the day is to commit to your new successful self-imagery. Step outside of your comfort zone and tell someone who is close to you about your new shift of mindset. Share with them that you are doing the *Insecurity Detox* and that you are refusing to buy into any old thought patterns where you settled with the belief that you were anything other than successful. Be bold and tell them that from here on out, you are committed to choosing a successful and positive mindset.

Confidently yours,
Trish