



The 5 Common Negative Thinking & Mental Clutter Distractors

1 Obsessing Over the Past

If someone wronged you, it can feel like you are not finished with the situation. The more you hold onto negative thoughts, the more negative responses can trigger in your body.

2 Always Expecting the Worst-Case Scenario

Sometimes, ignoring these thoughts is not an option, it only makes them stronger. Resisting to give these thoughts the attention they deserve can oftentimes create a spiral of negativity that's hard to control.

3 Obsessing Over the Undone

Each undone task keeps you from focusing and completing the next task. This causes a constant reminder of failure - creating an obsession with what's undone or wrong that weighs down your mental capacity. Each challenge is an opportunity for success and growth!

4 Imposter Syndrome

Imposter Syndrome describes someone who doesn't really believe that they deserve their own successes. The belief that they've only succeeded due to luck is common. It is your raw talents, ethic, value that has shaped all that you are and who you are destined to become. Luck is the friend of those without faith and de-

5 You're on a Strict Diet

Between the drastic dietary change, constant calculations, guilt from occasional slip-ups and just having a bad attitude because you're hungry all the dang time, all this can really eat up a lot of brain space.



Solutions to Negative Thinking



Express your Hurt Feelings

The best way to free up your mind is to express hurt feelings. If you can't talk to the person who hurt you, try writing it down. Remember to Express, Release and Move On!



Write Down Your To-Do's

Sort your to-dos by "Need to Do," "Want to Do" and "Can't Control." Then get rid of everything in the can't control list.



Flip the Mental Script

Often you can't stop negative thoughts, but you can use them to your advantage. If you are worried about a bad outcome, prepare for that scenario and be proactive about your concerns.



It's All About You

Looking up to someone can motivate you to succeed. It can also cause you to compare your shortcomings to their successes. Don't forget that everyone makes mistakes, even your idols.



Find Your Purpose

Don't spend your time doing a little of everything. This will clutter your mind with a never-ending list of different tasks. If you focus on what you're passionate about, you'll be less overwhelmed.