

Burn Negative Beliefs

We don't always choose the thoughts we have, but we do choose how much power we give them over our lives.

In this exercise, you'll be asked to write down any negative thoughts that come to your mind, then print out this document – and burn it! This is a **symbolic act** that can help you to “let go” and disempower these thoughts on an unconscious level.

Let's do it!

Write down 5-7 negative beliefs that have been buzzing in your head recently:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Ready?

Now print out this document, find somewhere safe outside, and burn this piece of paper!

Be safe. Have a bottle of water nearby just in case. Have fun with it!