



directed
thoughts

The 10 Steps to DirectedThoughts

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DIRECTEDTHOUGHTS.COM



understanding negativity

1

Negativity is sneaky. It is everywhere and yet it feels normal. In this section, you will learn that when you live in a chronic state of negativity, it feels like the weight of the world is on your shoulders. Hope lives off in the distance, and peace and joy feel like they are only available in limited quantities. The ego becomes unbalanced and instead of supporting you, it crushes your spirit and overpowers your attempts at being positive. You end up with a feeling of looming discontent, a sense of loneliness and separation, and an unintentional mountain of resistance to anything that is contrary to your thoughts. This step brings you into awareness of your negative thoughts.



learning to be present in the moment

2

Nothing happens outside of the present moment. Ever. But most of us are so focused on the past and future, we miss the space in time where we intentionally create our lives: The Present Moment. You don't have to live in your toxic reoccurring memories or in fear of your future. When you learn to observe the moment you are in, instead of reacting to your thoughts, you will open up the thought space you need so you can CHOOSE your thoughts based on your true intentions instead of fear or other negative emotions.



how to choose your thoughts

3

Leaving your thoughts on autopilot produces a sense of powerlessness which results in swinging emotions, an inability to trust life, and a continuous search for safety and wellbeing. By selecting your thoughts in the present moment, you can learn to choose thoughts that support you and build you up even in the midst of very hard life circumstances.



redefining meanings that no longer serve you

4

When you really think about it, you attach meaning to just about everything. It is never the “thing” that has meaning, but what you THINK about the thing which gives it meaning. These meanings attach themselves to your ego which then fuels your emotions. Your life is a reflection of all the assigned meanings you have strung together since childhood. These meanings become so ingrained that they simply become who you are. And when left unchecked, they will keep you stuck in the past and rooted in negative thought patterns.



understanding your past

5

Memories are all we have to keep us connected to the fabric of our lives. Your memories belong to you and only you because no two brains think exactly alike. The only thing that makes a memory real is you thinking about it. The meaning and emotion you attach to a memory can be changed which means your past does not have to continue to bring you pain.



learning real forgiveness

6

Forgiveness means that you make a conscious choice to release your deeply held anger or hurt in order to feel at peace within yourself. Lack of forgiveness keeps you stuck in a moment of time, continually experiencing the same pain you felt in the past over and over in your present moment. You can forgive at any time with no need for action on the part of anyone else. This does not mean you condone bad actions of others, but it does mean you can choose a response which is in alignment with your own inner happiness and peace.



using your inner voice and affirmations

7

If you want to change your circumstances, you must change how you speak to yourself. Everything you need is already within you. Gaining the ability to positively communicate with yourself opens the door to getting what you want in life. If you want to manifest your best life, you need to learn to speak to yourself with love and kindness. Who you want to be is who you say you are, literally.



trust creates belief

8

Learning to trust is the action you must take in order to tip the scale from negative ego-driven thoughts to inner happiness and peace. This is where things start to get good because when you trust in the process of directing your thoughts, you have the power to create your life as you really want it. Trust does not have to be 100% to manifest, you just need to tip the scales toward more trust than not.



love & gratitude

9

Love and gratitude are the essential ingredients for your happy path. You can only attract what you are putting out from your emotions and thoughts, so if you have anger, fear, and anxiety stored up, the only way through that is to grow love and gratitude from within yourself. When you tip the scales toward feeling more love, gratitude, and appreciation, you begin to attract situations and opportunities which mirror those positive feelings right back to you.



creating intentional attraction

10

The Law of Attraction is a personal mirror which reflects back to you your innermost beliefs, emotions, and deep-rooted thoughts in physical form. In other words, your unconscious thoughts and emotions become what you perceive in the world. Without realizing it, you are manifesting your reality on a constant basis. This means what you currently have in the way of physical things and what you are experiencing in your life right now at this very moment reflect the thoughts, emotions, and deep-rooted beliefs inside of you.

DIVE DEEPER

A New Way to Think About Thinking



Ready to create the life you want? This book is your partner in self-discovery. In this thought-provoking guide, you'll find powerful insights, techniques, and exercises to help you tap into the full power of your mind and take inspired action.