

# SNAP OUT OF IT

## 1. Notice the negative thought

BE MINDFUL THROUGHOUT YOUR DAY. WHEN YOU CATCH YOURSELF THINKING NEGATIVELY, RECOGNIZE IT WITHOUT JUDGMENT.

## 2. Snap the band

GENTLY SNAP THE BAND AGAINST YOUR WRIST. THIS SERVES AS A PHYSICAL CUE TO DISRUPT THE NEGATIVE THOUGHT PROCESS IN A PATTERN INTERRUPT.

## 3. Challenge and replace

QUESTION THE VALIDITY OF YOUR NEGATIVE THOUGHT.  
IS IT BASED ON FACT?  
IS IT EXAGGERATED?  
IS THERE EVIDENCE AGAINST IT?  
REPLACE THE NEGATIVE THOUGHT WITH A MORE EMPOWERING AND POSITIVE ONE.

# Bonus tips

**PRACTICE GRATITUDE:** REMIND YOURSELF OF SOMETHING YOU'RE GRATEFUL FOR. THIS CAN HELP IN SHIFTING YOUR MINDSET FROM NEGATIVE TO POSITIVE.

**CONSISTENCY:** THE MORE YOU PRACTICE THIS TECHNIQUE, THE BETTER YOU'LL BECOME AT CATCHING AND REPLACING NEGATIVE THOUGHTS.

**REVIEW:** AT THE END OF THE DAY OR WEEK, REFLECT ON YOUR PROGRESS. NOTICE ANY PATTERNS IN YOUR NEGATIVE THOUGHTS AND WORK ON ADDRESSING THE ROOT CAUSES.

"Every thought we think is creating our future. Snap away the negative, and weave in the positive."

