



scary thoughts

not what you think

When I say scary thoughts I'm not talking about haunted houses. I'm talking about thoughts of non-judgement. Scared you, didn't I? Can you imagine spending a week-- no, no, too much. A day-- nope, still too much. How about an hour without judging yourself? How scary is that? Trust me, judgement is one area where you use your creativity and don't hold back! You not only judge yourself verbally by calling yourself stupid, old, disorganized or fill in the blank, you simultaneously have tapes running in your head commenting on everything you do. And don't forget about all those little auditory cues like hurumpfs, tongue clicks, or sighs. Judgement blocks success. I want you to start using your creativity for good, not evil so I'm throwing down a creative challenge. I challenge you to praise yourself for 15 minutes a day -- talk about a scary thought! For example, use your creativity to choose a theme song, create a mantra and a positive nickname (I go by Laura the brave). Create an "I did it" dance and do it every time you finish a task. Use your creativity to practice non-judgement and you'll have fun and unlock the gates to success!

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