

Positive Mind Control

**Think Only What You Want To
Think**

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you banish all negative thinking from your mind. See this from many different perspectives.

Tips for Success

Keep a daily journal and record any objective evidence that you are thinking more positively. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I control my thoughts

I think only supportive thoughts

I quickly release negative thoughts

my conscious thoughts are strong

I live life on purpose

I choose which thoughts I think

I only think supportive thoughts

I am always aware of my thinking

I easily choose my thoughts

I naturally choose my thoughts

I quickly release negative thoughts

I quickly release negative thinking

I catch and release negative thoughts

I easily forget negative ideas

I easily forget negative thoughts

I release fear

I release anxiety

I release anger

I hold positive thoughts in my mind

I hold loving thoughts in my mind

I hold happy thoughts in my mind

I fill my mind with positive thinking

I consciously build my thoughts

I consciously build my ideas

I lean forward with my thinking

I think of happiness and abundance

I think positively in all situations

I control my own thoughts

I release negative influences on my thinking

I release negative memories

I release negative factors

no matter where I am, I control my thoughts

no matter who I'm with, I control my thoughts

no matter what is going on around me, I control my thoughts

my thoughts are under my conscious control

You control your thoughts

You think only supportive thoughts

You quickly release negative thoughts

your conscious thoughts are strong

You live life on purpose

You choose which thoughts You think

You only think supportive thoughts

You are always aware of your thinking

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