

3 Easy & Powerful Tips for Combatting Stinkin' Thinking

Tip 1: Write it out. Just allowing whatever you're thinking to come up and out, helps de-stink. So grab a piece of paper and just purge. Then once you're done, rip that paper to shreds.

Tip 2: Appreciate. Since the brain can't think positive and negative thoughts at the same time... thinking about all the things you appreciate will freshen up your thinking. For example, "I appreciate long, hot baths."

Tip 3: Breathe. Stinkin' thinking hates breathing. Hates it! So take a deep breath to a count of 4 and exhale to a count of 4. Do this 4 times for the maximum de-stinkin' effect.

CALL TO ACTION: Get in touch today (pam@whatswithinu.com) to schedule a free 30-minute de-stinking session.

