

Revising my Chaser Thoughts

Go back to your Chaser page and have a good look at what you have captured. These are the thoughts that stop us doing what we want in life. They come from your belief system and outside influences from when you were very young. None of them are true, although they seem true when you hear them because they are familiar to you.

A thought from your heart, from your inner self, is always loving and supportive, NEVER negative. A thought from your mind is usually judgmental, criticising or disempowering in some way. It is simply how the sub-conscious mind gets programmed.

To understand this better, download the *Rainbow Vision Journal* free eBook.

Look at each chaser thought and see if there are any recurring patterns or themes. Then take each thought and create an empowering statement from it. E.g. I can't do this, can become, I am able to achieve what my heart desires.

Old thought.....

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New empowering thought

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Old thought.....

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New empowering thought

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Old thought.....

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New empowering thought

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