

Catch the Thought Before It Catches You

5 sentences that stop a spiral in 60 seconds or less

Your worst days don't usually start with a crisis.
They start with one thought you didn't catch in time.

1

"The first thought is automatic. The next one is where my power lives."

USE WHEN *the snippy email just landed and you can feel your jaw clench.*

2

"What else could be true?"

USE WHEN *you've already decided someone is the villain.*

3

"Two things can be true."

USE WHEN *fear is trying to take up all the oxygen in the room.*

4

"Is this a have-to, or a get-to?"

USE WHEN *you're dragging your feet through ordinary but good things.*

5

"What I look for is what I see."

USE WHEN *your brain is busy collecting evidence that isn't helpful.*

*Try one. Try all five. The one that cuts through fastest is your starter sentence.
Memorize it like your life depends on it. Some days, it kind of does.*

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BE Brave. BE Kind. BE You.

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