

# YOUR GUIDE FOR STOPPING NEGATIVE THINKING & MIND F\*CKS



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# BEHOLD THE POWER OF THE ACRONYM


Why acronyms?

Because acronyms make processes and tools easy to remember and use. Nobody needs the added stress of a complicated process. Let's go for simple strategies you can put to work right now to help stop negative thoughts from ruining your vibe and making you feel like crap.

Let's do this!

# **G.R.O.A.N.** **GIVING UP** **REGRET** **OVERTHINKING** **ANXIETY** **NEGATIVITY**

Negative thoughts are exhausting, defeating, and absolutely groan-worthy.

When you feel the urge to give up, have regret, overthink, feel anxious, and be negative, come out swinging! Fight back with gratitude and appreciation. Remember all the good you've done thus far. Think of the people you love who also love you. 

**Repeat after me:**

**"I don't have to believe everything I think,  
and I am not going to allow my negativity to win!"**

# C.A.N.T.

**C** CATASTROPHIZING  
**A** ALL-OR-NOTHING  
**N** NEGATIVE SELF-TALK  
**T** TUNNEL VISION

Continual chatter in the C.A.N.T. zone of catastrophizing, all-or-nothing thinking, negative self-talk, and tunnel vision will surely keep you from living a life you love.

This acronym is a way to remember that common negative thinking patterns lead to feelings of hopelessness, helplessness, and despair.

**Tell me what you CAN do instead of what you can't !**

# F.E.A.R.

**F**ALSE  
**E**XPECTATIONS  
**A**PPEARING  
**R**EAL

We're never going to completely rid ourselves of fear, but we can certainly learn how to work with it rather than allowing it to work us.

**FEAR: False Evidence Appearing Real.**

Please remember that many of our fears are based on false assumptions or beliefs.

# S.A.D.

SELF

ATTACK

DIALOGUE

We all have a cranky, judgmental, antagonistic mean inner critic inside our heads.

Allowing this inner bully to make you believe you're worthless, incapable, blah blah blah is so very S.A.D., not to mention a bold-faced lie and completely undeserved!

Don't allow your thoughts to become internal weapons for self-attack and abuse.

**A.N.T.**

**AUTOMATIC**

**NEGATIVE**

**THOUGHTS**

Negative thoughts pop up automatically in our minds, without us even realizing it, like creepy-crawly ants.

**If left untreated, automatic negative thoughts (A.N.T.s) will infest your brain and steal your happiness.**

Stomp those buggers out. Your brain and health will thank you.

# BAD THOUGHTS = BAD NEWS FOR YOUR BRAIN

Brain scans provide evidence that negative thinking affects the health and neural pathways in our brains.

Gratitude and healthy thinking enhance brain function. The regions of the brain associated with mood are calm with optimal activity.


Focus on sad, frightening, worrisome, scary thoughts cause a serious decrease in activity in two important brain regions.



*"I AM THE MASTER OF MY FATE: I AM  
THE CAPTAIN OF MY SOUL."*

—WILLIAM ERNEST HENLEY

Some days you  
may feel like the  
negative thoughts are  
so strong and so  
convincing that you  
want to quit...





**DON'T  
QUIT**

Grow, Thrive, Flourish

**YOU'RE SO  
MUCH  
MORE  
THAN YOUR  
THOUGHTS**



@CoachJulieHartman

# BENEFITS OF POSITIVE THINKING

- Increased life span
- Lower rates of depression
- Lower levels of distress and pain
- Greater resistance to illnesses
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- Reduced risk of death from cancer
- Reduced risk of death from respiratory conditions
- Reduced risk of death from infections
- Better coping skills during hardships and times of stress

# IN SUMMARY

Life gets easier when we master our mindset. Paying attention to how you think and feel needs to be a priority, because the quality of your life depends on the quality of your thoughts and feelings.

When you become obsessed with creating inner peace and joy, negative thoughts no longer get to control your life.

Silence your inner critic. Tell that voice to stop being a negative jerk and pipe down.

Replace those negative thoughts with positive ones and notice how much better you feel.

And lastly and most importantly, be patient with and kind to yourself.

You matter, and I believe in you!



**Hey there!**  
**I'm Coach Julie Hartman**

I help people who have it ALL together on the outside but are feeling unhappy and disconnected on the inside. I've been in those uncomfortable shoes, and it's not where you want to stay! ⚡

I'm on a mission to help people realize their own greatness and live life on their terms, unhooked from negativity, fear/anxiety, unworthiness, self-defeat, people-pleasing and limiting beliefs.

**Are you tolerating life or crushing it?**

If you're ready to **STOP** wasting irreplaceable time settling for an average life, I'm excited to help you. Let's start the conversation about how and where to start your **transformation.**

They say the first small step is the most important, so don't delay finding your happiness. 😊

Reach me directly at ↘

[julie@juliehartmancoaching.com](mailto:julie@juliehartmancoaching.com)

1-781-281-9713

**Working with a coach buys you speed.**