

Reframing

Your thoughts and words dictate the path you will follow. For example, if you always think and say, “I never have enough time” you will most assuredly find yourself without enough time.

Thinking and speaking positively sets the tone for positive results in your life, so learning how to reframe a negative thought to a positive one is important.

Here are some examples of how to reframe your thoughts and words:

Negative

I need...

I can't...

I want...

I wish...

Why is this happening?

What did I do to deserve this?

I hate...

Someday, I'll...

Maybe...

Try...

Help...

Probably...

Work...

I can't afford...

Problem...

Not enough...

Positive

I have...

I will...

I have...

I choose to create...

What is the lesson in this?

What can I learn from this?

I choose the opposite...

Today I will...

Done...

Do...

Assist...

Certainly...

Create...

I'll find a way...

Challenge...

There is plenty...

The purpose behind reframes is to take the negative sting out of thoughts and words. Switching from the negative to the positive feels better and, therefore, opens you to creating a more positive outcome.

Instead of saying, “I hate this traffic!” say, “I choose to feel relaxed about the traffic because it's not hurting me and I finally have the chance to listen to that CD all the way through.”

Rather than say, “Maybe this will happen”, reframe it to “This is already done”.

“I’m going to work on that” becomes “I will create _____”.

Play around with reframes and see which ones you come up with. The more positive the reframe is, the more beneficial it will be.