

GoZen!

SUPERPOWERED THINKING!



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GOT LOTS OF WORRIED THOUGHTS? HERE'S WHAT TO DO:

Did you know humans can have tens of thousands of thoughts each day? Many of those thoughts are what we like to call “brain spam.” In other words, they can be inaccurate, exaggerated, or just silly thoughts that don’t serve any purpose. So, what do we do about them?

Instead of trying to run away or get rid of the brain spam, you can become a SUPERPOWERED thinker by just watching your thoughts float by. Try the exercises on the following pages!

Page 1: Find an example of becoming a SUPERPOWERED thinker or an observer of your thoughts. You’ll see a girl seated and imagining all the different thoughts floating around her. You can close your eyes and imagine yourself watching your own thoughts.

Page 2: Find a blank page to fill in your own thoughts; draw yourself sitting in the middle. Later, you can color in the thoughts that feel accurate to you in one color and the ones that are brain spam in another color.

Page 3-6: Find a blank poster to fill in. Make sure you print all four pages and tape them together first. :)

If you liked this exercise, you’re going to LOVE the SUPERPOWERED book. Get your copy: GetSuperpowered.com

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SUPERPOWERED THINKING

HURT

ANGRY

SAD

HAPPY

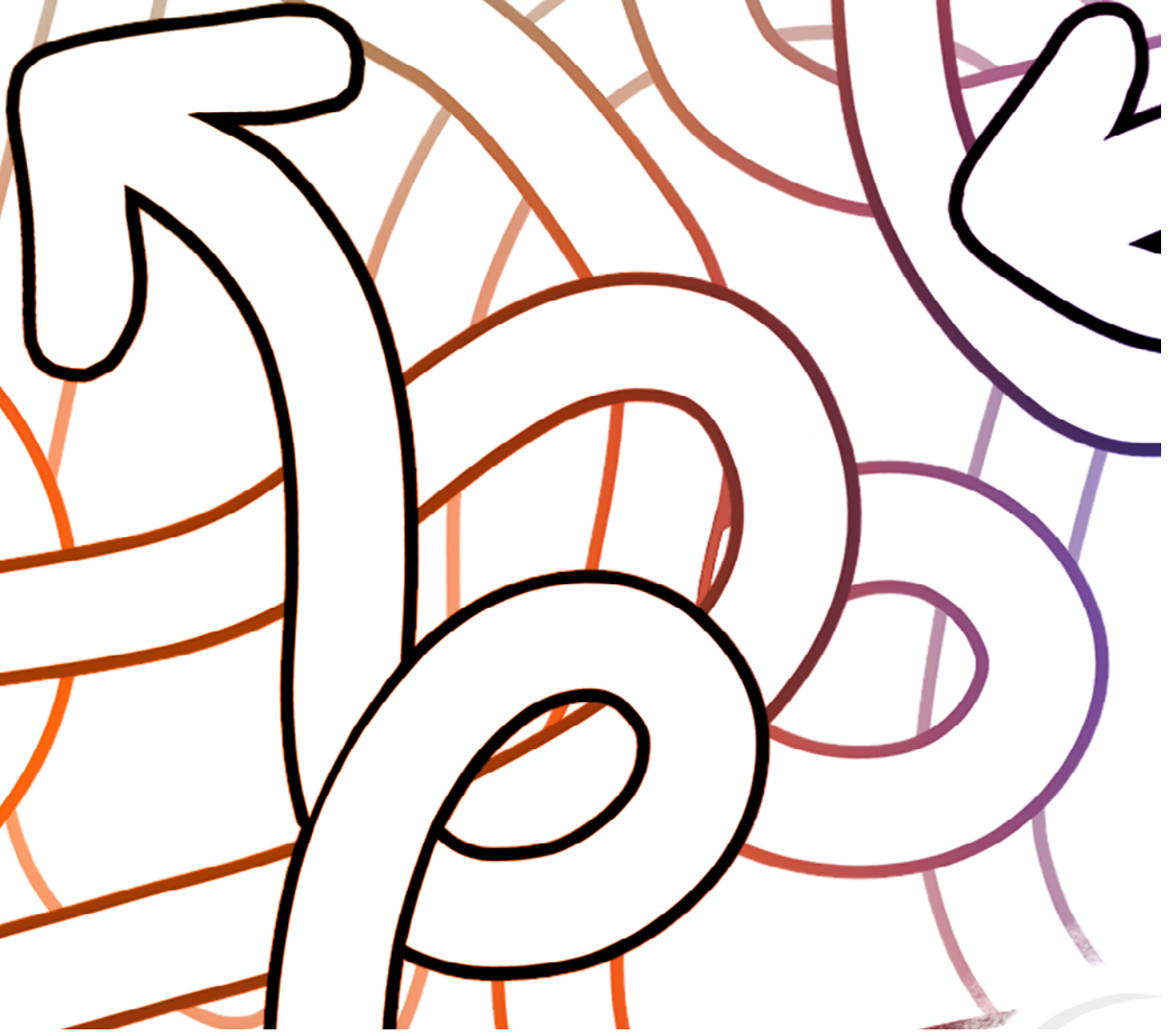
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SUPERPOWERED THINKING



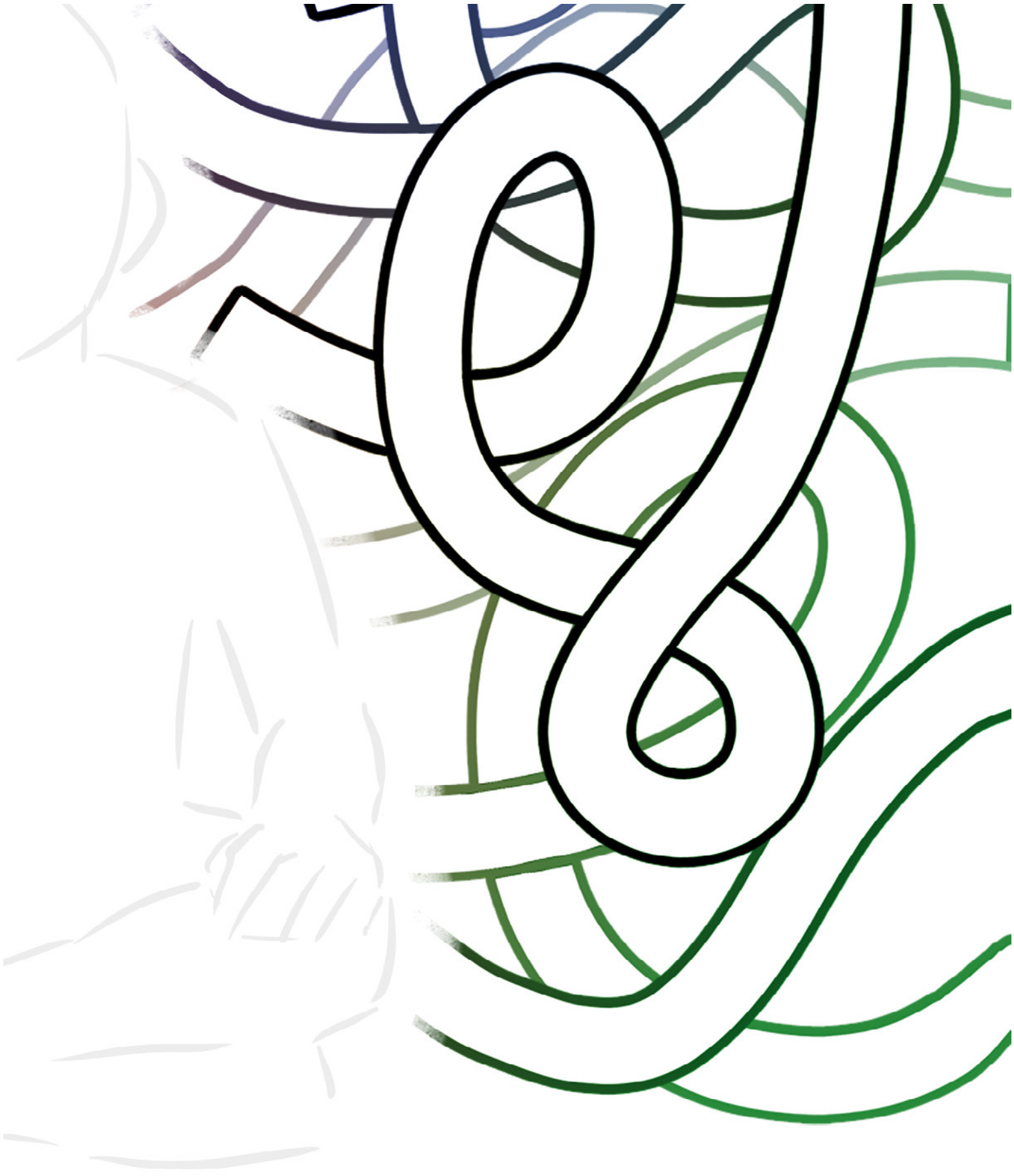
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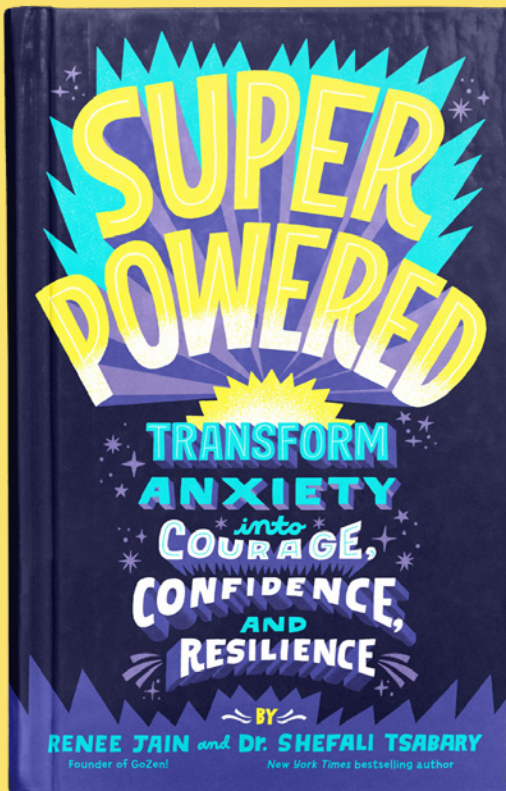




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