

July 2021
21 DAY CHALLENGE



CHANGE YOUR THOUGHTS,
CHANGE YOUR LIFE!

TACKLING REPETITIVE THOUGHT PATTERNS

Our 3-Part Challenge Consists of:

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PART B

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Tackling Repetitive Thought Patterns
by Hanna Gedy



It's following you wherever you go like your own personal shadow. Even in your sleep, you can't seem to escape it. Taunting your every move, it is all-consuming until you finally give in. You surrender to the voices and before you know it, they've taken over; you have forgotten who you are and suddenly find yourself in the gutters – screaming for help.



If you are trapped within the confines of your own mind and struggling with negative thoughts, repeating themselves day-in and day-out, you are not alone. These repetitive thought patterns torment our lives and leave a noticeable impact on our overall health and well-being.

To relieve yourself of these thoughts is truly a challenge that requires work and tremendous discipline; however, we encourage you to do this for yourself as it is an incredibly freeing and deeply restorative journey.



Our 3-part challenge consists of Part A, B and C, each 7 days long and consisting of numbered steps, various tips and comprehensive examples straight from our founder, Hanna Gedy.

Giving you an opportunity to explore the depths of your mind and daily thought patterns, this challenge will leave you with a renewed sense of self-understanding, a heightened sense of self-awareness, and ultimately, a changed life as a direct result of a changed mindset.



Are you ready to take the challenge? To let go of what no longer serves you and to change your thoughts to change your life?

Thought Patterns Tracking PART A

Step 1: Make a commitment to track your thought patterns for 7 days.

While this may seem simple, it is an incredibly important step to begin your journey with setting an intention.



Step 2: Get a notebook. This not only tracks your journey in one easily accessible space, it also gives you the ability to look back on your journey in the future.

Step 3: Write the date you begin this journey.

Step 4: Observe your thoughts mindfully throughout the day. Take into consideration that sometimes the thought patterns will trigger during a conversation with a partner, co-worker, or cashier at the supermarket.



Remember that you don't have to be perfect at this and you can let yourself forget to observe your thoughts as many times as you may.

Step 5: Dedicate 15 minutes per day to write down one repeated thought you had during the day – this is any thought that repeats itself three times or more.

Step 6: Document the time of day you initially recall the first chain of thought.



Step 7: Identify the feeling or sensation in your body that accompanies the thought. Yes, numbness is a feeling too!

Step 8: Write down the feeling next to the thought.

Step 9: Observe what you do next...let this happen naturally; in other words, observe your instinct.

Step 10: In your notebook, record your reaction preceding the repetitive thought.



For example, maybe you reached for your phone and sent a text, ate ice-cream, or went on a run.

Step 11: Acknowledge yourself by recognizing your effort and commitment to observing your thought patterns and embarking on this journey of mindful living.

Now that you have a greater understanding of why you do what you do, a change can occur.



Thought Patterns Analysis

PART B

Congratulations on completing the first part of the challenge! Now that you have tracked your thought patterns for 7 days, you are ready for Part B.

Step 1: Write down the seven dominant thought patterns and their associated feelings you've discovered during your first 7 days.



Now we will work on each thought separately for the next week.

Repeat the below steps for each thought, on each day, starting on day 8 and finishing on day 14.

Example: I'm a loser | Feeling of inadequacy.

Step 2: This is the most crucial part in breaking a thought pattern. Start by asking yourself the following key questions:



- **Is the thought pattern useful?**
 - This is personal and very specific to each individual. For us, it includes any thought that doesn't directly contribute to our overall health and well-being.
- **Does the thought pattern bring out the best in you?**
- **Is the thought making you jump out of bed in the morning, happy and energized to start your day?**



- **What color do you associate the thought pattern with?**

Example: I'm a loser | Feeling of inadequacy.

- **Is the thought pattern useful? – No because the thought puts me down and makes me feel even more insecure.**
- **Does the thought pattern bring out the best in you? – No, quite the opposite.**



- **What color do you associate the thought pattern with? Blue.**

Tip #1: Your initial gut feeling concerning the repeated thought pattern is usually the answer. Hanna suggests using a 0 to 10 scale to rate the quality of your thought.

Tip #2: For ultimate clarity, Hanna recommends asking yourself the above questions every single time the thought pattern reoccurs.



Once you've asked yourself those three key questions, you'll be invited to create a new thought pattern, which leads us to step 3.

Step 3: For any of the 7 dominant thought patterns found in part one, create a new thought that contributes to your overall health and well-being.

For example, your old thought pattern: No one loves me.



Becomes your new thought pattern: I'm loved and appreciated by the ones around me.

In your notebook, write down the new thought in parallel to the old thought pattern.

Thought Patterns Reprogramming PART C

You've made it to the final 7 days of your 21 day challenge!



We encourage you to use this moment as an opportunity to reflect on how you are feeling so far.

Let's get started on the final step...

Taking place during days 15 to 21, this last week will consist of implementing your new thought patterns as a daily practice.



Every time an old thought pattern comes to mind, replace it with the newer thought you've created – this is your reprogramming tool.

So, if your old thought pattern consists of putting yourself down, write down an affirmation that lifts you up!

Practice away!



Our examples:

Old Thought Pattern: I'm not where I should be, definitely the biggest loser in town.

New Thought Pattern: I'm doing the best I can at every given moment and will continue to evolve and do even better.



Thought patterns can be tricky to break; requiring time, effort, and most of all, requiring self-discipline and commitment in the form of a daily practice.

You'll notice shifts happening over time. They may be subtle at first, but don't get discouraged and most importantly, don't give up.



Remember that failing is learning and the best thing about this practice is that you can always apply it to your very next thought!

Tip #3: During this practice, you may find it challenging to replace the old narrative with the new one.

In Hanna's personal practice, She's found that sometimes she can be stubborn and unwilling to let go;



however, instead of giving up, she reminds herself to slow down and reiterate the questions in Part B, Step 2: Is this thought useful? Is this thought pattern bringing the best out of me? Is the thought serving my higher purpose?

Tip #4: While this challenge is outlined in a way that is most beneficial for the journey, that does not mean it's entirely linear.



Quite the opposite, this challenge was created to be personalized – fit for every individual.

With that being said, Hanna invites you to come up with your own questions to help you navigate this ride!

And just like that, you've completed your 21 Day Challenge.



Understand that this was no easy feat – you’ve put in the work, devoted the time, and proven to yourself that the power to create a beautiful life lies within YOU.

If you have any questions or would like to share your experience with this challenge, we would love to hear from you – get in contact with our team today!