

10 Tips to CRUSH NEGATIVE THOUGHTS

01

Mindful Meditation



Limit Negative Inputs

02

03

Positive Affirmations:



Journaling

04

05

Gratitude

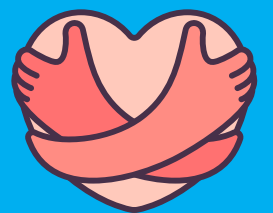


Set Goals

06

07

Self-Compassion

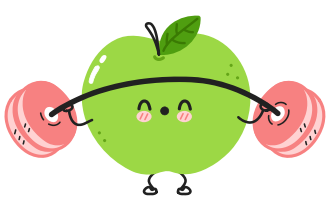


Connect with like-minded individuals

08

09

Be a self-learner



Stay Active

10

