

# How to Create Healthy Thinking Patterns for Trek

Principle:

**Our thoughts influence our emotions.** “For as he thinketh in his heart, so is he” (Proverbs 23:7).

3 Easy Steps:

1. **Recognize inaccurate thinking patterns.** We tend to focus on what is wrong or negative about a situation. Catch yourself when negative thoughts start to take over.
2. **Create more accurate thinking patterns.** There’s always more to the story. When you catch yourself thinking negatively, explore how the thought is false or incomplete. Then shift your thought to include the positives you were missing.
3. **Practice your new thought.** Repetition can be the best teacher. Repeat your new thought silently and/or audibly, write it down, and commit it to memory. Eventually, it will become automatic.

Complete the following:

- **How will your thoughts influence your Trek experience?**
- **What inaccurate thoughts do you currently have about Trek?**
- **Re write your thoughts so they are accurate and include the positives you missed.**
- **Identify a way you can practice your accurate thoughts and commit to do it to help you prepare for Trek.**