

Warrior or Worryah?

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This comes from Cheryl Richardson's weekly inspiration. Are you a Warrior for a Worryah? &sup

As soon as I saw the sign I chuckled and grabbed my iphone to record the idea. Then, I spent the da

1. **Make a decision, right now, to become a Warrior** with a decision - a choice to

"I am the 'Master of My Mind' and I choose to think positive, life-affirming thoughts." Or m

2. **Let your body lead** . When you start to ruminate about something, catch yo

- Go to the bathroom and make goofy faces in the mirror.
- Sit up and shake your head from side to side while holding a big smile on your face.
- Get up and start dancing a happy dance (if you share a bed with someone, please warn him or her

The quickest way to shift your state of mind is to shift your body from the position it's in once you start to

3. **See** **yourself as a Warrior**. Take a few moments to find an

To find your own image, close your eyes, take several slow, deep breaths, and ask your subconscious

When you find yourself worrying about something, focus on your image so you can return your mind

4. **Do something for someone else** is the fastest way to shift from "Worryah

So how about it? Ready to make the shift? Let's go to battle fellow Warriors! Think great thoughts: I

Take Action Challenge

Shifting from Worryah to Warrior starts with one small step. Choose an idea from above and begin n