Subject: It's not necessary to control my thoughts - just avoiding to let them control me is enough.

Hello ~firstname~,

We all know that thoughts are powerful. They can make us feel happy, motivated and inspired or worried, anxious and stressed. A lot of the time, we are not even aware of the thoughts that are running through our minds. But did you know that you have the power to choose which thoughts you focus on? You don't have to believe every thought that pops into your head. Just because you have a thought, doesn't mean it's true. And just because you think something often, doesn't mean it's worth paying attention to.

The next time Negative Nelly tries to take over your brain, hit the pause button and think about what you're telling yourself. You might be surprised at how often your thoughts are negative and how much they hold you back from living your best life. So, the next time a negative thought comes into your head, remember this quote: "It's not necessary to control my thoughts - just avoiding to let them control me is enough." With practice, you can train your brain to focus on the positive and let go of the negative. After all, you are in charge of your thoughts…not the other way around!

This said ~firstname~, I wish you an outstanding day,
with all your dreams fulfilled and
little more on top!

Best regards

- Aydin Kasimir

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