

Overcoming the ANTS – Automatic Negative Thoughts Copyright SWIHA

ANT:

I HAVE A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

ANT:

NOW THAT'S A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

ANT:

I HAVE A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

ANT:

NOW THAT'S A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

ANT:

I HAVE A THOUGHT AND (REPEAT THE MANTRA OR AFFIRMATION)

Andrea Beaulieu Creates, LLC 7000 N. 16th Street STE 120 #296 Phoenix, AZ 85020 www.AndreaBeaulieu.com Andrea@AndreaBeaulieu.com 602-769-3674 Your Authentic Voice is a registered trademark of Andrea Beaulieu Creates, LLC Copyright 2014