**Title: Defeat the Mental Meanies**

**Description: Change is tough. You’re tougher. Keep telling yourself that.**

Today’s challenge is all about stopping negative thoughts in their tracks. One good way to stop those unhelpful ways of thinking is by replacing them with something positive and true. Take a few minutes today and think about what you can say to yourself that is both positive and true. Today’s article gave a couple of examples. Feel free to use those, or choose something that speaks to you. Write down your “go-to” thought here [X]. Memorize it so you have it ready to go when negative thoughts try to get you down.