



Clarity Starts with Your Thoughts



A gentle guide to noticing & growing
your thoughts





Thoughts on Repeat?

Ever feel like your brain won't shut up?

“What if I fail?”

“They probably think I'm weird.”

“Why did I say that?”



You're not broken, you're human.

But here's the good news:

You can notice and know your thoughts.

Step 1: Catch a Thought

When you feel off, pause and ask:

- What was I just thinking?
- Was that kind or mean?
- Did it help me or hurt me?

Write it down. Voice it out. Anything counts.

Step 2: Watch, Don't Judge

Thoughts are clouds.

They come. They go.

You can say:

“Oh hey, self-doubt cloud. I see you.”

You don't have to believe in every thought.





Step 3: Gently Reframe

Instead of fighting thoughts, flip them kindly:

Old Thought	Ask Yourself	New Thought
I can't do it.	Is that always true?	I'm learning as I go.
I'm lagging behind	Who decides the pace?	I am on my own path.
I always mess up.	Always? Really?	I grow through my mistakes.



Now you try:

Old: _____

New: _____

Step 4: Grow Better Thoughts

- Write one kind thought a day
- Talk to yourself like you'd talk to your best friend
- Stick up reminders or quotes that feel true
- Celebrate the small wins



"How you speak to yourself becomes how you live your life."





Step 5: Try This Daily

Morning: Today I want to believe ____.”

Night: One thought I had today was ___, and I handled it by ___.

Final Words

You are **not** your thoughts.



You are the **observer**, the **questioner**, the **grower**

.
And that’s pretty powerful.



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