

The Magpie Challenge



Image: Bengt Nyman



I'm too fat.

- I ate a big dinner and then ate a candy bar.
- Look at my big ol' stomach
- I have stretch marks

My sister hates me

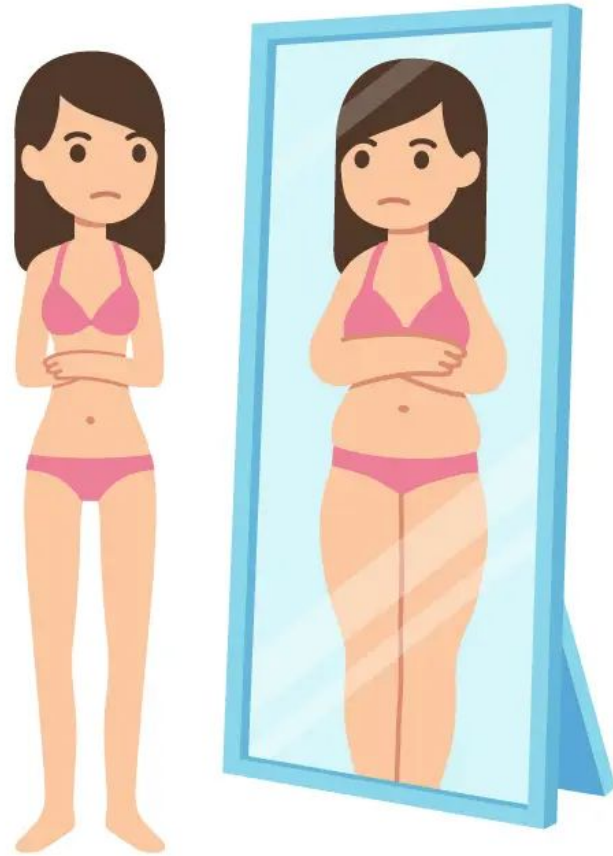
- She hung up on me
- She never calls me
- She never seems happy to see me.

**Negative
thoughts**



**Negative results
in our lives**

I'm too fat



**My sister
hates me**





The purpose of this challenge...

...sending our brains to look for evidence that will support a new thought that we want to believe...and better results in our lives.

The background of the slide is a light cream color, decorated with numerous small, five-pointed stars. These stars are scattered across the entire page, with a higher density in the corners. They appear in three colors: a vibrant blue, a muted grey-blue, and a very light, almost white, grey. The stars vary slightly in size and opacity, creating a subtle, festive pattern.

How to do the Magpie Challenge

Pick a negative thought and reframe it
to a more useful thought...

I'm too fat



I have a healthy
body.

Every day for 7 days find 3 pieces of “evidence” to support your new thought...

- I'm not sick in the hospital.
- I can walk wherever I need to go.
- I love to eat greens.

Write your evidence in a notebook or journal.



How does this work?

I have a healthy body

- I'm not sick in the hospital.
- I can walk wherever I need to go.
- I love to eat greens.

I get along fine with my sister

- We only yell at each other sometimes, and that's normal
- I can see she's trying to be nice to me sometimes
- We still speak to each other



Homework:
Try the
Magpie
Challenge

Magpie Challenge

1. Pick one of your negative thoughts and reframe it to a new, more useful thought that you actually want. (So, "I'm too fat" becomes "I have a healthy body.")
2. Every day for 7 days, find 3 pieces of evidence for your new thought, like: "I'm not sick. I can walk wherever I want. I love to eat greens."
3. Write your evidence in the *Manifesting Meetup* Facebook group.
4. Watch your mind and your life shift!