

ACHIEVE A GOOD LIFE BY CHANGING YOUR MIND

A Focus on the Past



emotional and cognitive attachments to the past

I should have
I tried
I failed
If only Why me?



DEPRESSION

STRESS



FRUSTRATION

ANGER



INERTIA

A Focus on the Future



anxiety about what might happen

It's all about ME !

It's all about US !

Or the Alternative Course Of Action,
Since You

Cannot Change the Past



Cannot Predict the Future

BEING IN THE MOMENT

LETTING GO
(of the Past)

Acceptance
Forgiveness
Gratitude
Freedom
A New Beginning



Choose.



Do It!

GOING WITH THE FLOW
(for future plans)

Openness
Engagement
Pleasure
Joy
Meaning
Contentment



Cognitive Restructuring

“Change the relationship with your thoughts...” and see your world in a new light.

“Thoughts are not facts” so don't be held hostage by them.

From Pessimism to Learned Optimism.

ABC + DE Method.

