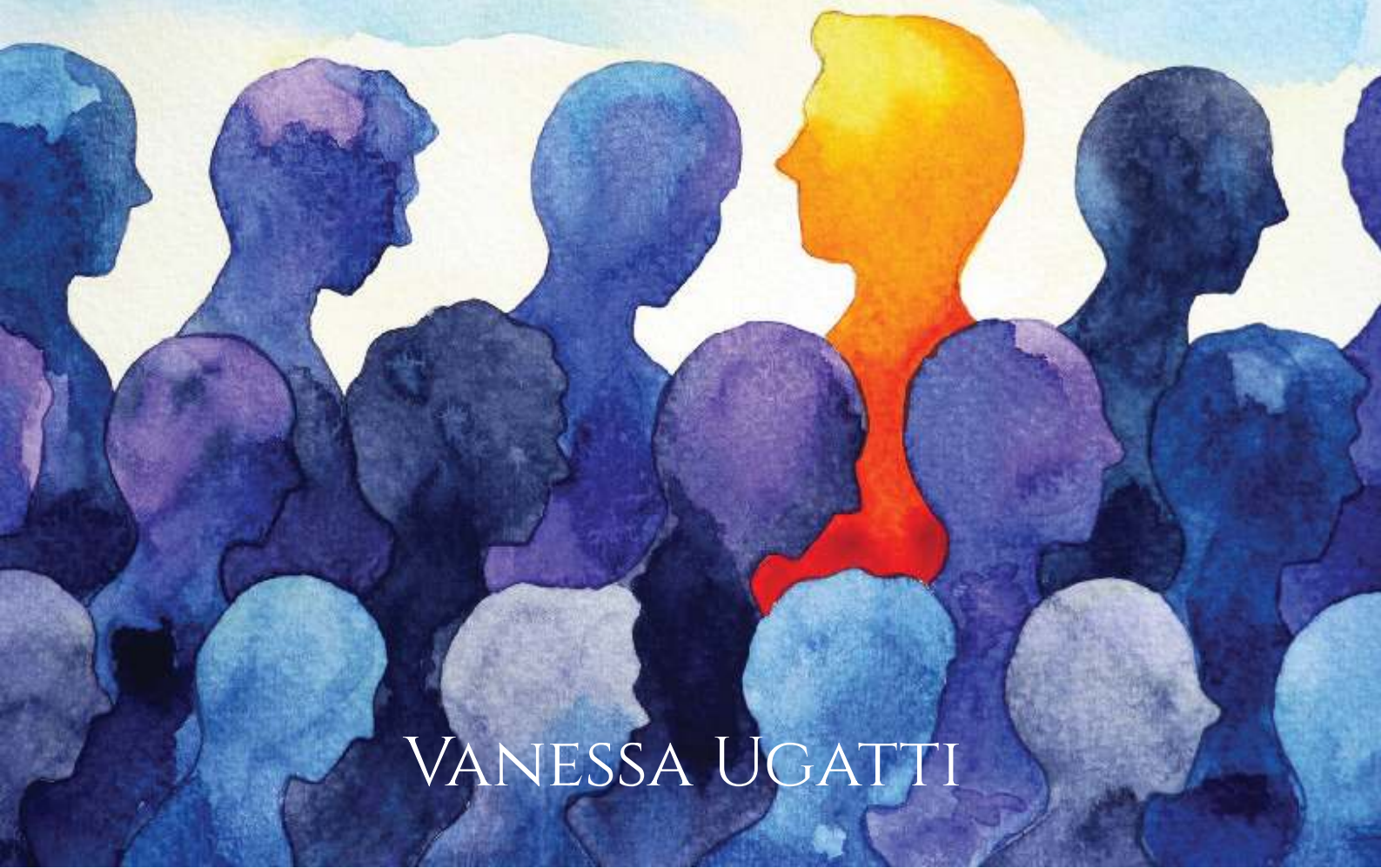
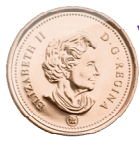


# MY 5 STEP MODEL TO NEUTRALISE YOUR NOISY NATTER



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MORE MONEY – MORE TIME – MORE FREEDOM

## **MY 5-STEP PROCESS TO NEUTRALISE YOUR NOISY NATTER (CHANGE NEGATIVE BELIEFS)**

Hi, I'm Vanessa Ugatti, the True Worth Expert. I help professionals, like you, take charge and get paid what you're worth. Much of this work relates to highlighting the limiting and often erroneous thoughts and beliefs which act as mental barriers that get in the way by changing them for positive ones. I call it your Noisy Natter, Chitty Chatter.

Thoughts are energy. They are like radio waves and can be measured. Although you can't actually see them, nor can you touch, hear, smell or taste them, their effects can be experienced in your life and felt by others. Thoughts attract to you what you predominantly think about via the Law of Attraction.

This is a natural law like the law of gravity. It's impersonal, which means it behaves the same way for you, no matter who you are, as it does for everyone else, just like the law of gravity. The Law of Attraction is operating 24 hours a day, 7 days a week whether you believe it or not and whether you are conscious of it or not.

Thoughts aren't just energy, they're also creative. In fact, your thoughts create your feelings, your feelings create your actions and your actions create your results which, in turn, create your thoughts again.

So if you start with a positive thought, this will create a positive feeling, which will create positive action which will create positive results. On the other hand, you can work out for yourself that if you start with a negative thought, the cycle becomes negative and the results you get will be negative. Thoughts which are repeated frequently then become beliefs.

Without further ado, here's **Your 5 Steps to Changing your Thoughts!**

I've also included a question for you to answer for yourself against each of the steps. You can use the same process over and over for each of your negative thoughts.

Step 1. Become aware of what you're saying to yourself. This is challenging because of the number of thoughts we have on a daily basis (50-80,000.) However, you can make a conscious decision first thing in the morning to choose positive thoughts.



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**Question: What is/are your first thought/s when you wake up in the morning?**

Step 2. When you notice that you are thinking or saying something negative, immediately say cancel or delete so that the subconscious mind does not take in those negative instructions and then replace them with something positive.

**Question: What is the one negative thought (belief) which you have frequently had for a very long time that you would like to delete and replace with a positive one?**

Step 3. As you know from before that your thoughts create your feelings, you can check in periodically during the day to see how you feel. If you are feeling negative in any way, then you can choose to have a more positive thought in that moment so that you can change your feeling.

**Question: When would be the best times in the day for you to check into your feelings (3 times a day), so that you can easily make it a daily habit?**

Step 4. When you have overwhelming negative thoughts, repeat the following mantra a minimum of 3 times. You can say it out loud, if you are on your own, or say it in your head. “As these thoughts enter my mind, so I will let them go.”

**Question: What would you need to do to remind you to do this if you are in a very negative state?**

Step 5. Practise, practise, practise. Creating new beliefs will take time – after all, it took time to create the original unwanted belief, so it would be crazy to think that you could create a new desired belief without any effort. Repetition is always the key.

**Question: On a scale of 1-10, with 1 being low and 10 being high, how important is it to you to change that one negative belief identified in the question under step 2?**

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