



# Instructions for The 30 Day Mental Diet

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- 1** Pick a 30 day period and mark your calendar with the intention of going 30 consecutive days, each day keeping your thoughts positive and focused.
- 2** Your goal is to go 30 days and keep your mind focused where YOU want it to go (you will have negative/fearful thoughts; however, you are to catch them and change them to positive). Think of your thoughts as channels on your mind's TV. If negative thoughts creep in, just change the channel.
- 3** I suggest you mark a big X, happy face, star or some symbol on each day of your calendar that you successfully complete by controlling your thoughts. Personally, I love gold stars because they symbolize something very positive for me from my childhood.
- 4** Remember, if you have completed 28 days of controlling and focusing your thoughts and you have a temper fit, get angry and not be able to get "off it", have road rage, explode at a friend or loved one, or just have anxiety, then you have to start ALL OVER AGAIN FROM DAY ONE! To complete the mental diet you have to go 30 days back to back with this new habit of thinking. Experts say it takes 21 days to form a new habit.
- 5** Lastly, know that this will be the hardest thing you will ever do! Changing your mind, your thoughts, attitudes, beliefs, etc. is very difficult. You have held onto your attitudes for many years with a habitual way of thinking, so this will take time and it will not be easy. You need to continue trying the mental diet until you can complete the 30 days!

I applaud your courage to take this on! Very few can actually do it, so you will feel GREAT when you finally do!

Best of luck,  
Tena Brown

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## **Bad Habits**

We as people are easily excitable, especially in the realm of self-improvement. In our world today we are inundated with quick fixes, life hacks, and solutions to most, if not all, of our problems that are quite literally too good to be true. Self-improvement is not a gimmick nor is it a hack; instead it is hard work, plain and simple. It is fascinating to watch someone try one of those quick fixes and begin with the deepest commitment, only to witness their demise a few days or weeks later when they announce that the program “doesn’t work for them” with no results to show for their efforts.

Bad habits are not broken quickly, and they are not broken with half-hearted commitments to quick fixes. Negative thinking is the most destructive of all bad habits, and it requires a deep commitment in order to ensure that change is made. Science shows us that stress hormones are released as a result of negative thoughts.

## **Breaking Bad Habits With The Mental Diet**

If your doctor discovers that you aren’t getting proper nutrition, they may put you on a diet for a period of time until things improve. No different than your body, your mind may find itself needing a reset for a period of time, and that is exactly what this Mental Diet is all about.

For thirty days, one month, you are not allowed to accept even one negative thought or think about one negative premise. You will not allow yourself to entertain any thoughts that could possibly portray yourself, your world, or other people in a poor light. Negative thoughts of all kinds and varieties are off limits whether they are aimed at you or even an inanimate object.

Before you begin the Thirty Day Mental Diet, spend two days noticing how your mind works. Notice your thought life and keep a record of every negative thought that crosses your mind. You can do this in a journal or on your phone. After two days you’ll be amazed at what you’ve recorded, and you will undoubtedly understand how the mental diet is a necessity in your life.

While you undertake the mental diet, you'll begin to understand what you're doing, which will help you. You'll realize that you are training your mind to obey you, rather than obey it. You are training yourself to think more of less and less of more. In other words, you are cultivating the habit of concentration and focus while simultaneously cultivating positive thinking. Ridding your mind of all negative thoughts for thirty days is certainly not easy; however, until you become the master of your thinking, you will never become the master of your fate. If you fail and begin to entertain negative thoughts, there is no option but to start over from the beginning. It is critical that you complete thirty consecutive days of positive thinking without any serious intrusion of negative thought. Once a new habit is formed, you can continue to keep your mind free of negativity.

## **Too Many Thoughts**

A side effect of thinking so much about so many things, we as people have become undisciplined in our thoughts. Usually where discipline is introduced, it exists only for the purpose of mitigating negative thoughts. We can be fine and happy, only for the sun to go behind a cloud and we find ourselves suddenly blue. We tend to take cues about which thoughts to entertain from the outside rather than from within, and this causes us to become victims of which way the wind blows, giving our very happiness to currents of circumstance which we cannot control.

## **Do We Think?**

We might believe that we initiate our thoughts, but we don't. If you analyze the process of thought, you'll see that you don't actually cause your thoughts to enter your mind, you merely observe them as they drift through your consciousness. They drift by, one after another, over and over. Some thoughts you cherish and try to hold onto, and some you send on their way. The truth remains: you don't select your thoughts. Don't believe me? Try and stop it!

## **We Choose Thoughts**

We all live in our own story, revealed to us by the silent author inside who does nothing but accept and reject ideas. These choices are then manifested, each creating a small piece of the life that we know. Today we are living products of the choices made inside our heads. We are what we believe we are, and that only, nothing more or nothing less.

As you can tell, the mental diet which you are about to begin is very important. Through this process, we are teaching ourselves to only accept the good things. We will accept all love, all kindness, all hope, all joy, all expansion, all abundance, all health, and vigor. We are deliberately compelling ourselves to reject all suffering, all sorrow, all depression, all morbidity, all inferiority, all aches and pains. We will stand guard for thirty days. Afterward, though we may relax a little, we will not lose vigilance because we understand that we become the thoughts we choose to entertain, and the words of Jesus ring true: “As ye believe, so shall it be done unto you.”

## When Will YOU Begin?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

In order to successfully complete the mental diet, you must complete thirty consecutive days of controlling your thoughts and consciously bringing them back to a positive place, creating a new habit of thinking. If you are successful for 27 days and lose your temper on day 28, you’ll need to start over from the beginning until you have successfully mastered thirty consecutive days.

### St. Augustine wrote:

*I, Lord, went wandering like a strayed sheep, seeking Thee with anxious reasoning without, whilst Thou wast within me. I went round the streets and squares of the city seeking Thee; and I found Thee not, because in vain I sought without for Him who was within myself.*