

First Thought

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=6PJFWH8KVQ8](https://www.youtube.com/watch?v=6PJFWH8KVQ8)
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SUMMARY

The speaker emphasizes the importance of recognizing and changing negative default thought patterns that arise in various situations, such as feeling ignored or anxious about delays. By becoming aware of these ingrained habits, individuals can work towards cultivating a mindset of abundance, joy, and belonging.

- *Negative default thoughts often stem from childhood experiences and can lead to feelings of lack and scarcity.*
- *Common scenarios trigger these thoughts, such as not being greeted in a social setting or receiving no response to a message.*
- *Awareness of these patterns is the first step toward change; individuals must recognize their automatic reactions.*
- *Replacing old thought patterns with new, positive ones can lead to a more fulfilling mindset.*
- *The process involves actively creating grooves of abundance and joy in one's thinking.*
- *It's essential to understand that external situations are not solely responsible for our feelings; our internal narratives play a significant role.*
- *Shifting focus from negativity to positivity can enhance overall well-being and sense of belonging.*

when you walk into a room and no one turns to say hi what is your first thought oh my God what am I doing here when a flight is delayed what is your first thought oh no everything is ruined when someone doesn't reply to your text or email what is your first thought ah see I knew they didn't care about me these first thoughts are not just situational they are habit they are your minds default and you have to begin to

notice because these are engraved grooved patterns of lack negativity scarcity that we have been priming ourselves with and bathing in since childhood we have to redo rewire rebirth a new set of patterns of Abundance of Joy of presence of belonging but first we have to be aware you know often we think ah it was only that email or it was because my flight was really delayed

or ah those people at that party were really snobbish we have the power to change and pivot in the ways that can be advantageous but they come from a foundation from a grooving that we need to create we have to replace our old grooving with new ones become aware of your first default thoughts and create new patterns