

What is Your First Thought

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=USZATPUKXXI](https://www.youtube.com/watch?v=USZATPUKXXI)
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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 unwelcome or unimportant. By becoming aware of these ingrained habits, individuals can rewire their thinking towards a mindset of abundance, joy, and belonging.

- *Negative first thoughts often stem from ingrained patterns of lack and scarcity.*
- *Common scenarios trigger automatic negative responses, reflecting deeper beliefs about self-worth.*
- *Awareness of these default thoughts is the first step towards change.*
- *Individuals have the power to pivot their thinking to create more positive outcomes.*
- *Replacing old thought patterns with new, constructive ones is essential for personal growth.*
- *Cultivating a mindset of abundance and joy requires intentional effort and practice.*
- *The process of rewiring thoughts involves recognizing and challenging negative beliefs formed since childhood.*

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 mind's default fault 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 ah it was because my flight was really delayed or ah those people at

that party were really snobbish M 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