

3 AFFIRMATIONS

3 MINUTES

3 TIMES A DAY

TRIPLE CROWN

THE NOTICER
YOU




NOBLE ONE
IT'S A BEHAVIOR



The Noble Checkmate™ is a mindfulness practice to become conscious of fearful, negative, or critical thoughts and neutralize and shift them through positive affirmations.

3 X DAY, 3 MINUTES, 3 AFFIRMATIONS

First thing in the morning, mid-day and before you go to bed do the following:

- Take 3 minutes and write any dominant negative thoughts that you notice. The thoughts could be about a current challenge you are facing or negative self-talk.
- Write 3 potential solutions to the perceived problem or 3 positive affirmation statements to reprogram your fear or your critical inner voice.

