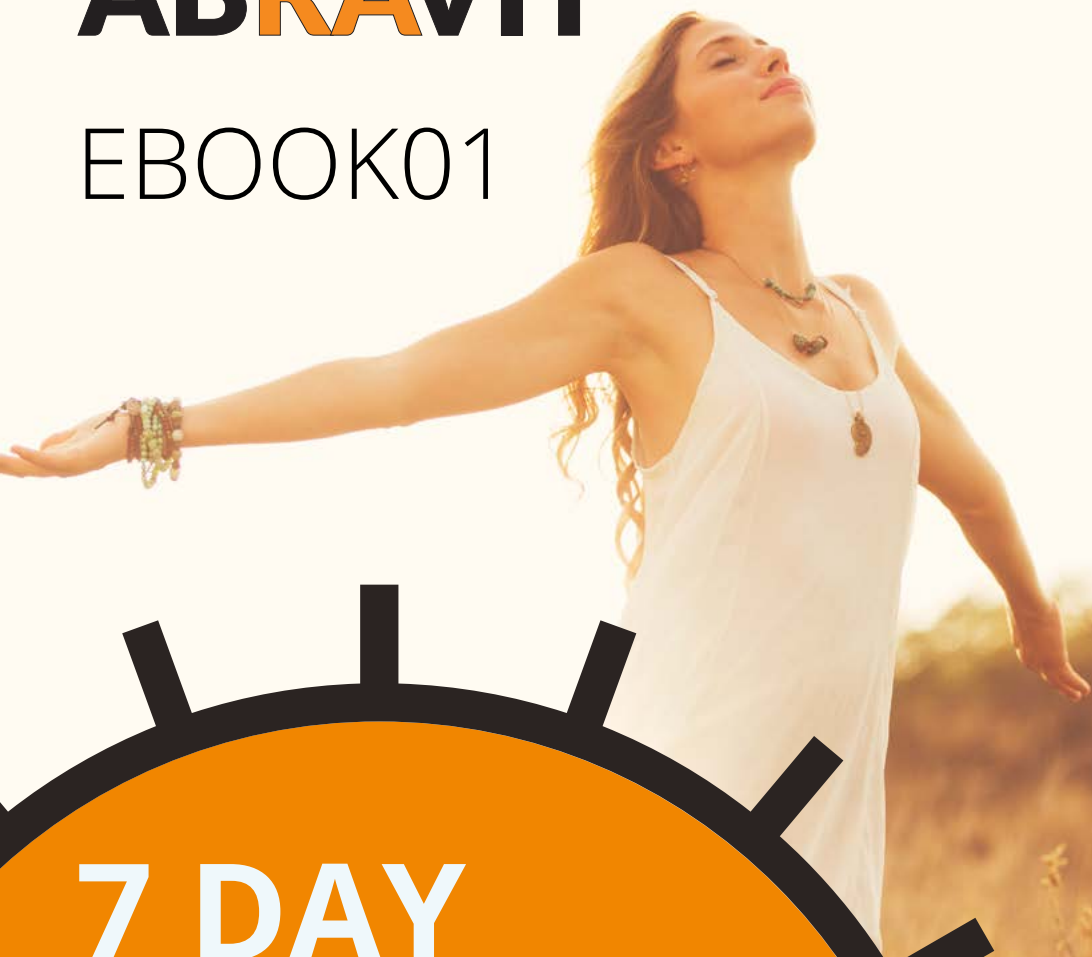


# ABRAVIT

## EBOOK01



# 7 DAY MENTAL DIET

To stop negative thinking for seven days is certainly **not easy**; however, until you become **the master of your thoughts**, you will never become the master of your fate.

## *A Mental Diet Is A Lifestyle Change*

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## *You Are What You Think*

### **Introduction.**

The food we eat has an **impact on how our bodies function**. The mind is no different. Your environment is influenced by the thoughts you **allow yourself to think** and the topics on which you allow your mind **to concentrate**. Everything in your life today is conditioned by your habitual thinking.

You've arrived at this point because of the way you've thought in the past. What are you going to do about it now that you know this? **Are you prepared to go on a mental diet?** Your life's fate is in your hands, or should we say, in your mind.



## *This will Change Your Life*

The mental diet is the **most important diet** you can follow. This is the one that everyone in the world requires, but few will do. This diet has such an impact that it **affects everything** around you. It's critical that you **focus on good thoughts** for 7 days without allowing any negative thoughts to get in. Once you've formed this new habit, you'll be able to keep your thoughts **free of negativity**.

It will not be easy but finally this **should be a lifestyle change**, something you embody **forever!**

Huibert de Jong

**Abravit**



## *Change Your Mind*

### **Self-improvement Is Hard Work.**

The condition of your life in the future will be conditioned **based on the thoughts and feelings you choose to have today**. When you understand that by changing your mind all conditions change as well, then you truly get “a life by design.” That’s why we say, *“Change the way you look at things and the things you look at change.”*

We humans are easily excited, especially when it comes to self-improvement. We are **flooded with quick cures**, life hacks, and solutions to most, if not all, of our problems that are literally too good to be true in today’s world. Self-improvement isn’t a gimmick or a hack; **it’s simply hard work.**



## *Stop Negative Thinking*

### **Full Commitment.**

Bad habits don't go away soon, and they don't go away with half-hearted attempts at short cures. **Negative thinking is the most harmful of all negative habits**, and changing it demands a significant amount of commitment. Stress hormones are released as a result of negative thoughts, according to science.



THERE IS  
NO QUICK  
AND EASY  
FIX



## *A Necessity In Your Life*

### **Breaking Bad Habits**

If your doctor discovers that you aren't getting enough nutrients, you may be put on a diet for a while until things improve. Your mind, like your body, may **require a reset** from time to time, and that is exactly what this Mental Diet is designed to do.

Mental diet is basically monitoring your thoughts and let go **any negative thoughts** and follow them up with positive thoughts or affirmations. You must develop a habit of not entertaining or dwelling in any negative thoughts. Do this until your positive thoughts have been repeated enough times to **become your dominant thought**. Like any diet, at first this will take dedication and discipline, but it will get easier.



*It Will Become Easier*

## Select Your Thoughts

For seven consecutive days you agree to carefully select your thoughts. We know you cannot control the first thought that enters your mind, but you **can control the second one**. At first this is going to be challenging, exceedingly challenging, especially in the first few days, and if you persevere you will find that it will become rapidly easier.



IT IS HARD  
BUT IT WILL  
BE EASIER





## *Not Allow Negative Thoughts*

### **Train Your Mind**



The aim is to let go any negative thoughts. Hereafter you can repeat your goal and/or positive affirmations. It is very important to **never allow the negative thought to be in control of your thinking.**



This doesn't mean you can never have a negative thought. That's not possible, you're only human.



## *Not Allow Negative Thoughts*

### **Replace Your Negative Thoughts.**

Its OK to have negative thoughts, but **never allow yourself to dwell** in them for a long time and never let your negative thoughts spiralled out of control. Its OK to cry and let the emotions out but then **go back** onto your mental diet.

If you do have an emotional reaction, it won't impact your manifestation, as long as you get back onto your mental diet and **your positive thoughts outweigh** the negative ones.



## *Repeat your Positive Affirmations*

### **Repetition Is The Key**

Repetition is the key here, at the beginning it will feel like work, constantly monitoring and **letting go your negative thoughts** and focus on your positive **affirmations** and/or **thoughts**. But after a while you'll noticed the positive thoughts have impressed the subconscious mind. When you think of your goal, it's the new thoughts that pops up not the old.

**LET GO ANY  
NEGATIVE  
THOUGHT**



## *Focus On Positive Thoughts*

### **Let The Negative Thoughts Go**


The main aim of a mental diet is **to accept** the negative habitual thoughts **and to let it go**. You have been carrying around the negative thoughts for years and it is important to focus on the positive thoughts, that **align with your desire**.

Remember; a mental diet should be **a lifestyle change**, something you embody **forever**, even when you have obtained your manifestation.



## *Stop Being A Victim Of Your Mind*

### **Too Many Thoughts**



We have grown **undisciplined in our thinking** as a result of thinking so much about so many topics. When discipline is established, it is typically for the sole goal of reducing negative thinking. We can be fine and content, only to have the sun disappear behind a cloud and turn us dark AGAIN.

We prefer to take our cues about which thoughts to entertain from the outside rather than from within, and as a result, we become victims of the direction the wind blows, entrusting our happiness to forces **beyond our control.**



## *Not Accept Negative Thoughts*

### **Focus On Positive Thoughts**

If you fail and begin to **entertain negative thoughts**, you will have no choice but to start over. It's vital that you go seven days **straight of positive thinking** without allowing any negative thoughts to get in. You can keep your mind **free** of negativity once you've established this new habit.



## *Observe Your Thoughts*

### **Do You Choose Your Thoughts?**

We may believe that we are the ones that start our thoughts, but **we aren't**. When you examine the thought process, you'll notice that you don't truly force your thoughts to enter your mind; instead, you simply observe them as they pass through your awareness. They pass by one by one, again and again.




Some thoughts you treasure and attempt to hold on to, while others you let go of. The truth is that you don't get **to choose your thoughts**. Do you have any doubts? Try to put an end to it!



## *Choose The Good Thoughts*

### **We Are What We Believe We Are**

We all have our own story, which is told to us by a silent author inside who **just accepts and rejects** ideas.



These decisions are then **materialized**, each forming a small part of the life we are familiar with. We are now live products of the decisions we make **in our thoughts**.

**We are only what we imagine we are**, nothing more and nothing less.





## *We Are The Thoughts We Choose*

### **Only Accept The Good Things**

As you can see, the mental diet you are going to begin is very critical. We are instructing ourselves to **only accept positive things** through this approach. All love, all kindness, all hope, all joy, all expansion, all abundance, all health, and all vitality shall be accepted. We are consciously forcing ourselves to **reject** every misery, grief, despair, morbidity, inferiority, and aches and pains.

We'll be on the **lookout** for the next seven days. Though we may rest a little after that, we will maintain our attention because we recognize that **we are the thoughts** we choose to entertain.





## **Only Positive Thoughts Allowed**

To properly finish the mental diet, you must manage your thoughts for seven days and consciously bring them back to a positive place, thus forming a **new habit of thinking**. If you're successful for six days and then lose your temper on day seven, you'll have to start over until you've **mastered seven consecutive days**.



## Stay Positive for 7 Days

### Instructions

- 1** Choose a seven-day period and mark it down on your calendar with the goal of keeping your **thoughts positive** and concentrated for seven days in a row.
- 2** Your goal is to stay concentrated for 7 days on where you want your mind to go. You will have negative/fearful ideas; however, you must catch them and **shift them to positive**. Consider your thoughts to be channels on your mind's television. Simply change the channel if unpleasant ideas arise.
- 3** I recommend putting a big X, a smile, a star or some other symbol on each day of your calendar that you finish successfully **by controlling** your thoughts.

## *Avoid Negative Environment*

**4** If you're successful for six days and then lose your temper on day seven, you'll have to start **ALL OVER AGAIN FROM DAY ONE** until you've **mastered seven consecutive days**. To complete the mental diet you have to go 7 days back to back with this new habit of thinking.

**5** It is not the thoughts that come to you that matter, but **only such of them as you choose to entertain and dwell upon**. Evolve the meaning behind the information or remove the source of the information. Avoid the environment **what disempowers**, like watching violent movies, negative news or mainstream propaganda.

## *This will Change Your Life*

- 6** Finally, keep in mind that this is going to be the **most difficult thing** you've ever done! It's difficult to change your mind, your thoughts, your attitudes, your views, and so on. This will take time and will **not be easy** because you have been holding on to your views for many years with a habitual way of thinking. You need **to continue trying** the mental diet until you can complete the 7 days!

IT IS HARD  
BUT IT WILL  
BE EASIER

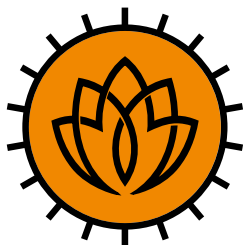




I admire **your bravery** in taking on this challenge!  
Few people can actually achieve it, so you will feel  
**GREAT** when you do!

Best wishes,  
Huibert de Jong - **ABRAVIT**

May 2022



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