



Protection – to do the action of *constructive thinking*; which involves personal responsibility for consequences.

Your next step:

It is time for doing *constructive thinking*, which is done to protect yourself and dependents using the power of constructive communication with your Higher Mind. Protect your physical, emotional and mental well-being by asking how/what questions and allowing the answers from your Higher Mind to occur **BEFORE** any low tone emotions sabotage your thinking process. This *constructive thinking* involves breaking the habit of relying on what you are told to think by various programs on television, social media, organised events, politics, religion, etc.

It is time to choose what you want to think about, how you want think about it, and to observe the consequences of your thinking for yourself so you can evolve your thinking in constructive ways.

Constructive thinking involves decisions about which people to trust or avoid, which contracts to end, and which agreements to evolve.

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