

# The 7 Day MindSigns

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By  
Ron Ball



# DIET

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# The 7 Day MindSigns Diet

A mental and emotional diet to  
keep your spirits up and feed your  
thinking in positive ways.

By Ron Ball



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## Introduction

*The 7 Day MindSigns Diet* is based on some of the concepts introduced in the book, *MindSigns Personal Billboards*, a playbook of fun, thought provoking signs to cut out, color and display to keep motivated, inspired, and mentally heading in the right direction.

In a similar way, this booklet is designed to offer you a way to be more conscious of your thinking throughout the day. What we think affects how we feel and what we do.

This is a concise, and quick-to-read booklet. Many people don't have the time nor the inclination to read big books anymore. Although, the diet only lasts seven days, you'll find that it's a challenge. If you find yourself avoiding the diet, notice what negative thoughts are in the way.

Lastly, when you make the decision to go on the diet, be kind to yourself. Take things lightly and with a sense of humor. Give yourself credit for your willingness to go on *The 7 Day MindSigns Diet*. You can do it!

## **Tons of Diets**

A lot of people are on diets these days. There are tons of diet regimens. Some of the more recent ones include the South Beach, Atkins, Nutricise, ChangeOne, Rosedale, Weight Watchers, Zone, Thyroid, Mediterranean, and Okinawa diets just to name a few. There are even diets for skinny people to put on weight.

Diets always sell well and they've been going on for eons. In fact, in 1087, William the Conqueror (who later became King William of England) found he could no longer ride his horse because he was too fat.

He went on a liquid diet and began drinking alcohol instead of eating food in an attempt to lose weight. Short term, it worked. Although he was able to mount his horse again, he died of injuries when he fell off while riding. Guess they didn't have any drinking and riding laws back then.

Not too long after that another fellow, English casket maker William Banting, had to do something because he got too fat to tie his own shoes. He went on an Atkins type diet, avoiding starch and sugar. Of course, another

option, instead of the diet, would have been for Bill to change to wearing Penny loafer shoes. In any event, Bill was successful on his diet. He went on to lose 45 pounds by eating lean meat, dry toast and soft boiled eggs.

Who knows? They probably had diets thousands and thousands of years ago. There had to be a Cave Man diet. Limit of only one Tyrannosaurus Rex bone per day.

Even after centuries, new diet plans are marketed each year. All of these diets are for your body and health. But, what about a diet for your brain, your emotions and your spirit?

Almost 70 years ago, an Irishman named Emmet Fox came up with a “mental diet.” Essentially he said that just as you consciously pay closer attention to what you’re eating on a diet, start paying closer attention to what you’re thinking.

Supposedly, the average person has 60,000 thoughts racing through his or her mind each day. How many of those thoughts are positive vs. negative? If we notice and let go of some of our negative thoughts, how much better might we feel?

Emmet Fox said that people create the conditions of their lives by the thoughts they dwell upon. Negative thinking is subtle. It sneaks up on you. Our mental diets create our life conditions. Find out how true it is for you by going on this mental diet. The premise of the diet is very simple.

***For seven days, don't "eat" any negative thinking. Don't allow yourself to dwell a single moment on a negative thought.***

What's a negative thought? Any thought of anger, failure, confusion, fear, disappointment, self-criticism, sadness or trouble. Any thought of disparagement, blame, spite, jealousy, or disapproval of others.

It's any thought of sickness or accident. Any thought that is not positive and constructive in character, whether it concerns you or anyone else. In short, any kind of limitation or pessimistic thinking. Simple enough, right?

If you thought counting calories and carbohydrates was tough, go on this diet for a week. We all have negative thoughts zipping through our minds. Too often the thoughts are unconscious. We're on "automatic pilot."

The problem comes into play when we focus, listen and lock onto negative thoughts. The thoughts produce uncomfortable feelings which often result in negative actions. As best you can, let the negative thoughts go. Blow them off. Let them gently drift by like a cloud.

## **Play with Negative Thoughts**

What if you have a negative thought that wants to stick around? It might be a negative thought as a critical or angry voice. Most of us experience self-talk. Play with some of these ideas to change your self-talk and feelings:

- Imagine putting earplugs in your ears. How does it sound now? Does the voice stop?
- Change the volume. Turn it down to a whisper.
- Change the tone. If it sounds harsh, change it to a funny, cartoon sounding voice. Or, imagine your favorite comedian saying the thought.
- Move the voice. Move it around behind you or move it far, far away.

Is the negative thought a picture in your mind? If so, make the picture

smaller. Using your imagination, move the picture to a place that feels more comfortable. It could be beside, below or behind you. Is the negative picture in vivid color? Change it. Make it blurry, gray and small.

As you notice any negative thoughts that float up or buzz by, here are some ideas for maximizing your seven days on the diet. Try them out to find which ones work best for you.

### **Exercise Daily**

Consciously choose a good or empowering thought and focus on it. Exercise letting go of any negative emotions such as anger, worry and jealousy. Just make the decision to let them go. Take time each day to “exercise” releasing any negative thoughts. You’ll be surprised at what you notice in your thinking when you go on this diet.

What if you have a negative thought that you don’t want to release? For example, a thought that makes you feel superior, smarter or right? Why do you keep it? How do you benefit from holding onto the negative thought? In what ways might your life positively change by letting this negativity go?

## **Avoid Junk Foods**

Stay away from negative thoughts, petty talk and gossip. Turn off the nightly news for a week. In fact, skip television altogether. Avoid negative people, especially during diet week.

## **Have a Healthy Environment**

When you're feeling happy and enjoying life, you repel negative thoughts and feelings. Choose to feel good about yourself and the people you have around you. Go to lunch or dinner with friends you enjoy, people who make you feel good.

## **Take Vitamin Supplements**

Pick a great quote or something that inspires and energizes you. Contemplate on it. Read good books and magazine articles. Listen to uplifting music, motivational tapes and CDs. Feel good about who you are right now. Appreciate yourself fully.

## **Count Calories**

Count your blessings. What are you grateful for? What's wonderful in your life? Take time to think about it and you'll feel appreciative for all that you have at this moment.

You can find something. Start with something small. Things that you take for granted. For example, the fact that you are alive and breathing. The house you live in. The great relationships you have. Your family, friends and people you love. When you're grateful, you'll smile and be joyful. Negative thoughts won't stand a chance.

### **Keep It a Secret**

Oh, one more thing—when you decide to go on this diet, keep it a secret. Don't tell anyone. Sometimes even well meaning friends and family can negatively influence our thinking. Let people notice the results of your diet. Then, if they choose to go on the diet, you can share this booklet with them.

### **Take the Weight Off**

You deserve to feel good and positive. In fact, it's your natural state of being. Negative thinking is a heavy weight to bear. On this unique diet, you can take the weight off your back, your chest and your mind. You can lighten up your thinking and put yourself at ease on *The 7 Day MindSigns Diet*.



**For seven days, I commit  
to a mental diet without  
any negative thinking.**

**As I become aware of  
negative thoughts, I  
choose to keep from  
dwelling on them.**

**I notice and release any  
negative thoughts or  
feelings.**

**This is my intention. I  
consciously and freely  
make this choice.**



**On the MindSigns  
Diet, thinking  
positive is less  
important than  
noticing when I'm  
thinking negatively.**

**Day 1 Notes**



**When I get a negative  
thought, I have an  
attitude of:**

**“Oh, how interesting.  
Okay.”**

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**Day 2 Notes**



**On the MindSigns  
Diet, I am the  
observer of my  
thoughts. I just  
gently notice them.**

**Day 3 Notes**



**I avoid getting uptight  
and judging myself  
when I have an  
undesirable thought.**

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**Day 4 Notes**



**How do I feel when I  
have that thought?**

**Day 5 Notes**



**Negative thoughts are  
harmless unless I'm  
attached to believing  
them.**



## **Day 6 Notes**



**“Shoulds” are  
negative thoughts in  
disguise.**

## **Day 7 Notes**



**If the thought was NOT  
true, how differently  
would  
I feel?**



**Notes**



**If the average  
person has about  
60,000 thoughts per  
day, this diet helps  
me direct more of  
my thoughts to be  
positive.**

Share *The 7 Day MindSigns Diet* booklet with others. For quantity discounts, contact:

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If you're like most people, you're concerned about how you look physically. At one time or another, you may have been on some kind of diet to lose weight and shape up.

The question is—are you just as concerned about your mental well being? If so, this booklet may be just what you need.

*The 7 Day MindSigns Diet* is a mental diet to lose the weight of negative thinking. Using what you learn in this booklet, you'll discover how to shed negative mental chatter and thoughts. We all have some of it, whether we're conscious of it or not.

Positive thinking is healthy. And, what may be more important, is learning how to deal with and let go of negative thoughts that arise.

Ready to do it? Then flip open this booklet and jump right in. Commit to go on your mental diet. It'll be a challenge. Stay with it for seven days. When you start changing your thinking, notice how differently you feel on the inside. Who knows what wonderful surprises are in store for you!



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