

AIRR METHOD

Awareness
Interrupt
Release
Replace



Follow this 4 step formula to change our thoughts and create new, more life giving, vibrant ways of thinking. The AIRR Method, like oxygen, can breathe new life into your thoughts and your life.

Awareness - bring awareness to your current habitual ways of thinking. Notice the words you say to yourself and to others (your words are a window to your thoughts), for example you may hear yourself saying...

"I'll never be good with money".

"I'm an emotional eater."

"I'm better off alone."

Interrupt - Whenever you find yourself saying these words, use a powerful pattern interrupt. Say -

"Up until now..." OR "I used to...."

Release - then release the old, negative way of thinking

Replace - replace it with a new, more empowering thought.

For example:

I used to think I wasn't good with money, NOW I'm masterful at managing my money and I'm getting better everyday.

Up until now, I thought of myself as an emotional eater, NOW, when I experience difficult emotions, I give thanks for my ability to feel deeply and I practice self care with restorative yoga poses.

I used to think I was better off alone, NOW I realize that I have a lot of love to give, and I'm worthy of being deeply loved and am open to calling in the perfect life partner.

Changing your thoughts 1 degree will put you in a whole new place down the road.