

**HOW MANY THOUGHTS DO
YOU HAVE IN ONE MINUTE?**

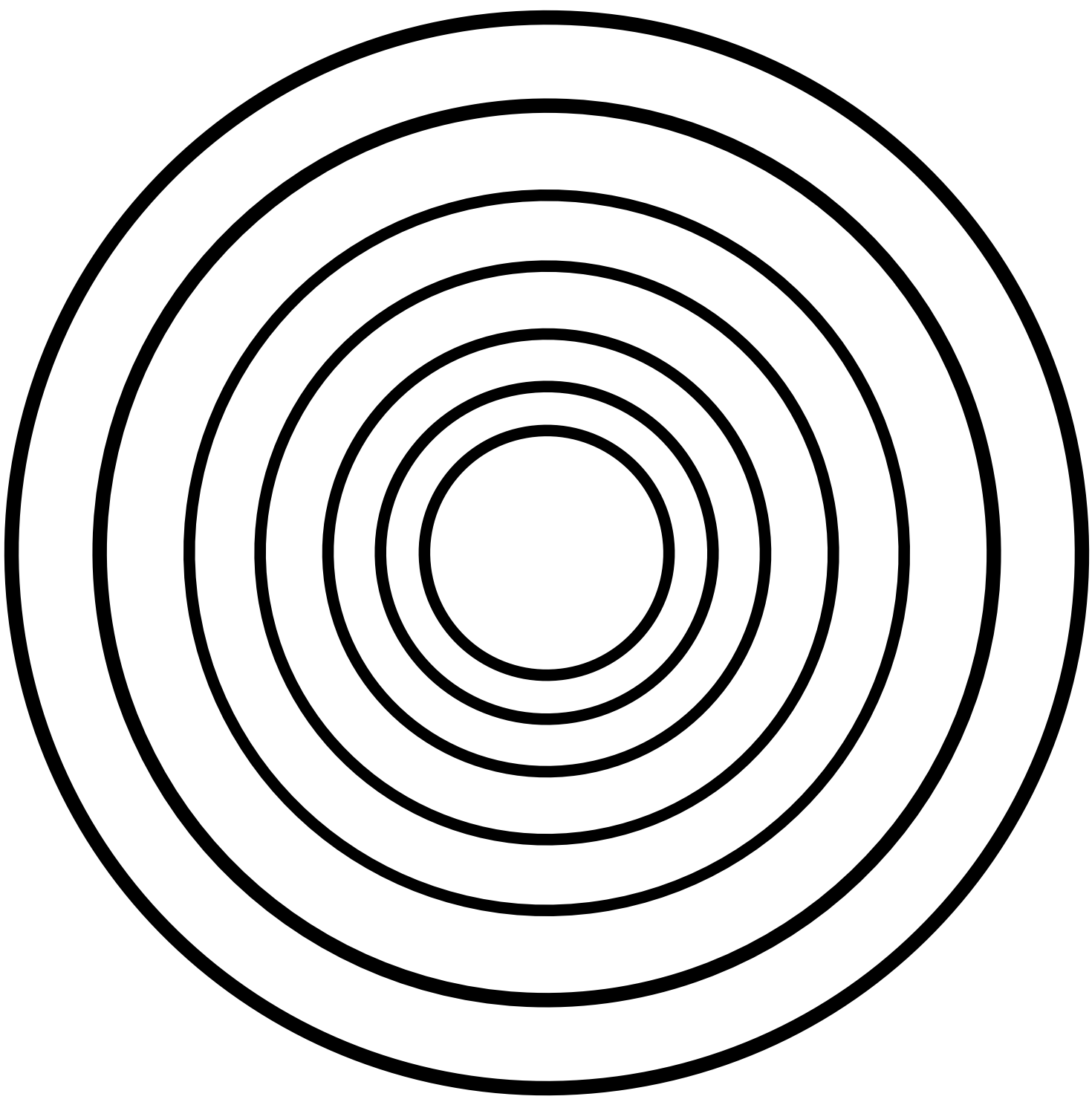
WHAT'S YOUR PREDICTION?

READY TO SEE?

**CLICK EACH TIME YOU
NOTICE A THOUGHT.**

**ANY THOUGHT COUNTS:
A WORD, AN IMAGE,
A FEELING, OR EVEN
SIMPLY NOTICING THAT
YOU'RE COUNTING.**

**THE TIMER WILL START
IN A MOMENT. ALL SET?**



**HOW MANY THOUGHTS
DID YOU COUNT?**

**RESEARCH CLAIMS WE
HAVE 6,000 TO 60,000
THOUGHTS PER DAY
(ABOUT 4-42 PER MINUTE).**

**OF THOSE, 80% ARE
NEGATIVE AND 95% ARE
THE SAME REPETITIVE
THOUGHTS AS THE DAY
BEFORE...**