

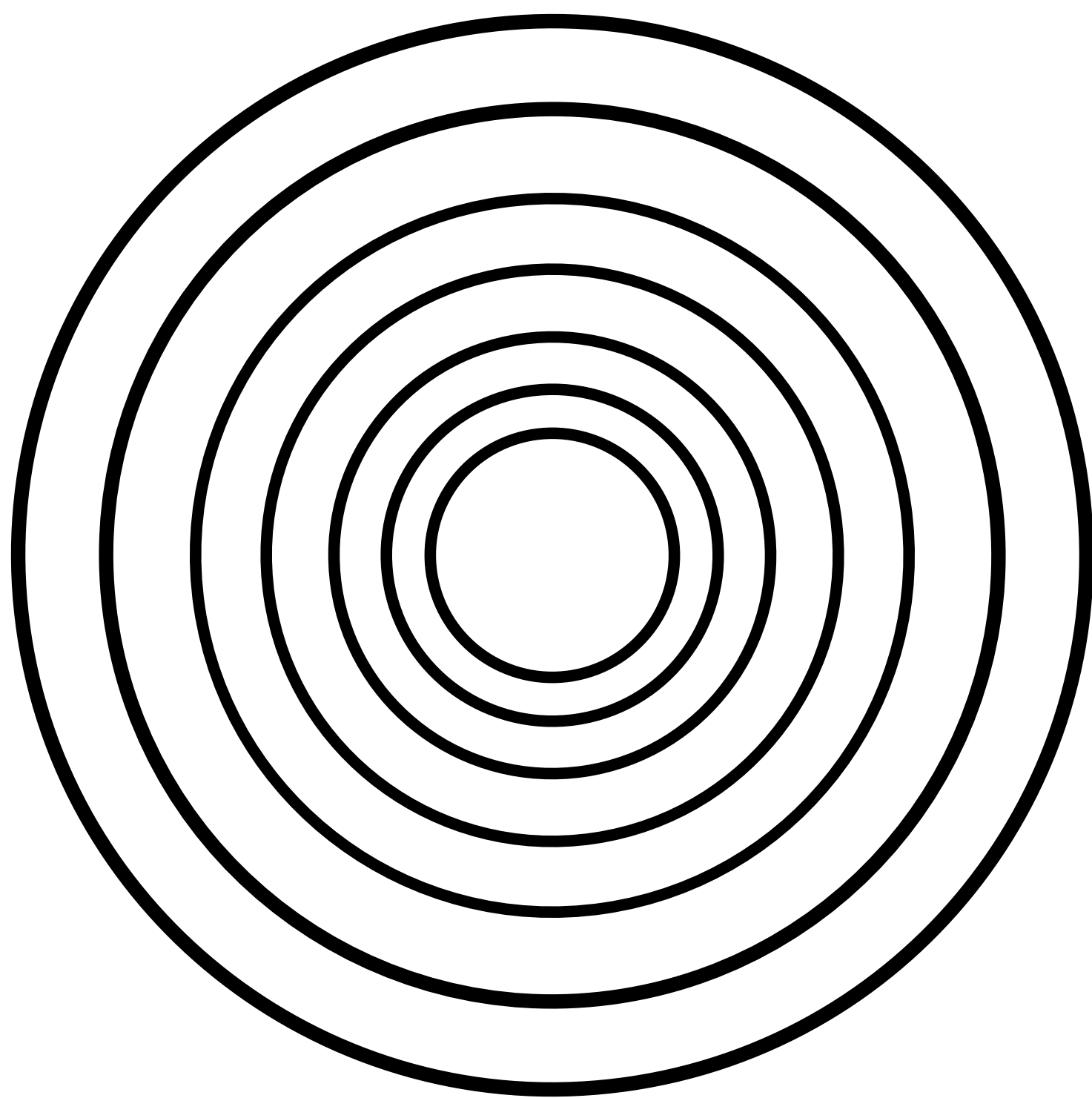
**HOW MANY THOUGHTS DO  
YOU HAVE IN ONE MINUTE?**

**READY TO SEE?**

**CLICK THE PEN 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.**

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