STINKIN' THINKIN' STINKS!

What's All the STINK About?

Negative thoughts STINK!

So, why do I think that negative thoughts STINK? Negative thoughts STINK because they always attract something you do not desire in our life. I believe what you focus on EXPANDS, so by focusing on what you do not want, you are actually drawing it to you. And, that STINKS!

You may be asking yourself, “Why are you making me focus on the negative STINKIN' words because it is making me focus on the negative?” The premise for this STINKIN' method is to OVERLOAD you with negative words to bring awareness to how we normally process information.

Unfortunately, most of us focus on the negative and we are taught this at a very young age. Think about how many times you have heard a parent tell their children phrases like: "NO. Don't do that.", "No, what were you thinking?", "Why are you so bad?", "If you keep this up, you will not get anything from Santa." etc, etc, etc. I am not saying all parents and guardians are bad, I just believe that we automatically tend to focus on the negative with our children at an early age and then reinforce it as they grow up.

It is time for you to stop and SMELL the roses and flush that negative STINKIN' THINKIN' down the toilet! The first step to getting your STINK OUT is becoming aware of your negative STINKIN' thoughts. Once you are aware of them, you will have the ability to get rid of them and replace them with something SA-WEET.

The time has come to get your STINK OUT! Because you have come to this page and downloaded this STINKIN' document, I congratulate you for not wanting to STINK anymore. You have made a wise decision, grasshopper! (I couldn't help throwing in a Kung Fu series reference here.) Everyone knows that negative thoughts are not good for you, but I say they are not only bad for you, they STINK! Who wants to STINK? I sure don't want to STINK,
and because you are still reading, I know you don’t want to STINK either. I just don’t want you to end up STINKIN’ as long as I did.

**Think You STINK?**

There is one distinct thing that helps you determine if you STINK. That is your emotional state. When you are feeling unhappy and sad, there are certain to be some STINKIN’ thoughts close by. If you let STINKIN’ THINKIN’ get the best of you, YOU STINK, PERIOD! And, you will continue to STINK until you take action to start SMELLING good again. Use your emotions as an indicator to determine if you are starting to SMELL. Use those emotions as a trigger awareness of your STINKIN’ thoughts, so you can start changing them into positive ones instead.

In an effort to help you keep your STINCH from reaching TOXIC levels, I have developed a **STINK-O-METER** that measures your STINKOCITY or STINK levels. This STINK-O-METER calculates various levels of STENCH, and, boy, there are a bunch of STINKIN’ levels. The STINK-O-METER is a quiz you can take to determine if you are becoming STINK BAIT for other STINKIN’ people or a STINK bug yourself. [Click here to take the quiz](#). It is FREE so play the quiz as many times as you like and don’t forget to tell all your STINKIN’ friends about it so you don’t have to SMELL them any more.

The quiz offers you multiple ways to get and keep your STINK OUT. After you answer the last multiple choice question, you will be given a score from 1 to 100, with 1 being the SWEET smells and 100 being the absolute STINKIEST. Do you STINK like SMELLY Feet, ROTTEN eggs, or TOXIC waste? Or, do you SMELL like FRESH baked bread, roses, or SWEET perfume? Take a few minutes to find out on the site.
The results page provides you with your very own STINKING forecast so you can see what is in your immediate future if you keep on STINKIN’. Is your forecast cloudy with a good chance of STENCH, or is it sunny with SWEET SCENTS all around? You also get a STINKING prescription to help you get your STINK OUT and keep it out. The prescription link takes you to ten different STINKIN’ exercises to help you improve your STINKOCITY. Enjoy the quiz and share it with other STINKIN’ people, but you can also share it with SWEET people too. Go to www.idontstink.com/account/quiz.php NOW and find out if you STINK!

On the pages that follow, you’ll find instructions for doing two exercises that will help you eliminate negative thinking and focus on attracting the positive things you want! Take Out Your STINKING Trash and Hey, SMELL This!
Take Out Your STINKING Trash

In your room, make a chart that has a column for each day of the week and put it up on the wall.

It should look like this:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
</table>

Then get a piece of paper or a small notepad and write the day of the week today across the top of the page.

Carry it with you all day. It does not matter where you go or what you do, carry it with you. Every time a STINKING thought pops up, say “Thank you for sharing. I am becoming aware of my STINKING thoughts. Thank you.” Then:
- Take a pencil or pen and put a mark on the paper.
- Just before going to bed, add the marks up.
- Write your total at the bottom of the page AND on the chart on the wall in your room.

Now the fun part.
- After entering the total on your chart, take the tally sheet you used that day and RIP it into as many small pieces as you have marks for that day. For Example, if you had 50 STINKING thoughts that day, tear the paper into exactly 50 pieces.
- Get a plastic container with a lid and fill it with water
- DUMP your torn-up STINKING thoughts into the water, put the lid on the container, and place in your freezer.
- Each morning, prepare for a NEW day by getting a clean tally sheet. Then set your frozen container out in the sink to thaw during the day.
- Continue doing this for 7 days. Tally each day’s negative STINKING thoughts, tear up the paper into pieces, put the pieces into the thawed container, and stick it back in the freezer overnight.
• You will notice as the days pass, your negative thoughts will begin to really STINK! Know that’s what they do to your life too!

• On the last night, drain the water, and take a big WHIFF of the STINKING soggy mess. Throw it in the waste bin!

• Now the final step, TAKE OUT YOUR STINKING TRASH!
**Take Out Your STINKING Trash Exercise Illustration**

**Step 1:** Track your STINKING thoughts by carrying a pen and piece of paper with you all day.

**Step 2:** List the number under the appropriate day of the week - Example below:

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thur</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>20</td>
<td>18</td>
<td>20</td>
<td>12</td>
<td>11</td>
<td>6</td>
</tr>
</tbody>
</table>

**Step 3:** Get a plastic container and fill it about ¾ full of water.

**Step 4:** At night, tear your paper with the marks into the same number of STINKING thoughts you had that day.

**Step 5:** Throw the STINKING pieces of paper in the water.

**Step 6:** Put the lid on it and place the container in your freezer before you go to bed.

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Step 7: In the morning, take the container out of the freezer and place it in the sink.

Step 8: Repeat steps 4 through 7 for 7 days in a row.

Step 9: On the evening of the 8th day (or after the water has thawed), drain the water and filter out the soggy pieces of STINKING thought pieces of paper. Take a BIG WHIFF! Pee—yewww!

Step 10: Take out your STINKING TRASH! Repeat as often as necessary.
Hey, SMELL This! Exercise

Positive thoughts SMELL good, and I want you to share your SWEET SCENTS with everyone. The same way that STINKING thoughts attract more STINKING thoughts, SWEET thoughts attract more SWEET thoughts.

As long as you keep taking out your STINKING trash whenever your awareness catches you starting to STINK, you will continue to SMELL good. Just always remember that negative thoughts STINK, and I don’t want you to STINK anymore!

To help you keep smelling good, I have developed a STINKIN’ COOL exercise to keep your pleasant AROMA that you are undoubtedly developing by working on your negative thoughts. This exercise works a little like the negative marks in the trash exercise; however, you are tracking something completely different.

Before you start this exercise, you will need the following ingredients:

- 1 Poster Board
- 3 Full Sheets of Construction Paper – Pick a variety of colors, but they cannot be Red or Black.
- 7 index cards (or pieces of paper approximately that size)
- 1 pen or pencil
- Tape or glue
- 1 Scented marker
- 1 Can of Air Freshener (Pick a fragrance that you LOVE.) NOTE: Check out the “Hey, SMELL This” Spray on my online shopping cart designed specifically for this exercise.

Step 1 – The Hearts

The first step of this exercise is to cut out 3 large hearts from the 3 pages of construction paper. Each heart will represent a different theme: 1) Tracking your SWEET SMELLING thoughts, 2) Items you collected that reinforce your SWEET thoughts, & 3) Positive SWEET emotions you experience as a result of tracking your SWEET SMELLING thoughts. Now
label the 3 hearts, 1) **SWEET Thoughts**, 2) **I Attracted**, & 3) **SWEET Emotions**.

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**Step 2 – The Poster**

Write "**I SMELL Good!**" at the top of the poster board. Tape or glue the hearts on the construction paper wherever you like. In the blank areas of the poster board where the hearts are not at, fill in things you would like in your life. You can cut out pictures from magazines, use real pictures, cartoons, draw your own pictures, use words, letters, numbers, etc. Somewhere in those blank spaces, you need to have positive emotions you would like to experience. Examples include: Love, Happiness, Joy, Peace, Courage, Gratitude, Strength, etc.

**Step 3 – Daily Work**

In the morning, take out 1 of the 7 index cards and carry it with you all day. It does not matter where you go or what you do, just carry it with you all day. Do this every day for the next week. Every time a single SWEET SMELLING thought pops up, say "Thank you. Ahhh!" Place a mark on your index card. This means that you are now tracking your positive or SWEET SMELLING thoughts. I personally love this exercise, and I am sure that you will to. Since what you focus on EXPANDS, having SWEET SMELLING thoughts bring more SWEET SMELLING things to you.
Step 4 - Updating Heart #1
At night, update the heart labeled “SWEET Thoughts” with the SWEET SMELLING marks from the day. Start by spraying the fragrance can around the board. Take a nice breath and say, “I SMELL GOOD!” then write the date and the number of marks for the day. An example would be: 4/19 - 8, 4/20 - 13, 4/21 - 18.

Step 5 - Updating Heart #2
At night, update the heart labeled “I Attracted” if any items in the blank spaces have shown up in your life. Start by spraying the fragrance can around the board. Take a nice breath and say, “I SMELL GOOD!” For example, if you listed a new phone in the spaces between the hearts and you received one today, then "move" it from the blank spaces to the heart. You do this by drawing an arrow and then either drawing another picture in the heart or simply spelling out what you got.

Step 6 - Updating Heart #3
At night, update the heart labeled “SWEET Emotions” if you had any really good feelings during the day. Start by spraying the fragrance can around the board. Take a nice breath and say, “I SMELL GOOD!” If your SWEET emotions are listed in the blank spaces, move them as mentioned above in step 6. SWEET Emotions are feelings such as happy, joy, peace, love, excited, acceptance, ecstasy, hope, and pleasure.

Step 7 - Final Step
Show your poster to your friends, family members, or anyone you would like to. Before you tell them what you are doing, preface it by saying, “I don't STINK!” or “I SMELL GOOD!” Then explain your new SWEET poster.

I have one note of caution. Do not attempt this exercise until you have taken out your STINKING trash. If you have a whole lot of STINKIN' thoughts and they are not addressed, this exercise would not work very well. Typically the best process is to do “Take Out Your STINKING Trash” first, then wait a week before starting this one while you contemplate the results.