

## Sing It

This is a method that is powerful when you're having a really sticky thought. Turn it into a sentence and try singing it – out loud if you are alone, in your head if you have company. Any tune will do. My default is “Happy Birthday.”

Don't worry about trying to be clever about the wording, like coming up with a rhyming scheme. This is not going to get you on “America's Most Talented!” Just repeat the thought to the tune.

See if you can find a thought that is nagging you right now and try it. Try different tunes; sing it fast or slow. The measure of “success” is not that the thought goes away, or loses all punch and becomes unbelievable. It is that you can see it as a thought, and do so just a bit more clearly.