

BELIEVING NEW THINGS

1. Write down the new thought you want to believe.
2. How does this thought feel when you think about it today? Why?
3. What is your brain saying? What are the conflicting sentences?
4. Answer of these sentences with an alternative thought and a massive action to counter it. Describe it here.
5. Write a note to yourself from your future self who is already living with this new belief. What would you say to you today?

