

DAILY THOUGHT WORK

This daily practice is a game-changer! By adding this 10-15 minute practice of mental inquiry into your daily routine, you will discover fascinating insights into the relationship between your thinking, feeling, acting, and results. You will also begin to see how much control you have over your mental and emotional well being.



Write down every limiting, negative, self-deprecating, self-sabotaging thought you have in your mind.

Now, take each thought you listed or the one causing you the most pain and respond to the following questions:

Limiting Thought _____

How do I *feel* when I think this thought?

How do I *act* when I think this thought?

What are my *results* when I think this thought?

Is the thought true? ___ Yes ___ No

Can I absolutely know and prove that the thought is true? ___ Yes ___ No

So, why do I think this thought?

What do I get by thinking this thought?

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What do I *not* get by thinking this thought?

What am I afraid would happen if I couldn't believe this thought?

What am I unable to see or do when I believe this thought?

What am I pretending not to believe or know?

Who could I *be* without this thought?

What could I *have* without this thought?

What could I be *doing* without this thought?

Can I think of one good reason to keep this thought?

After reflecting on these questions, what have I come to know?

Starting today, what new thoughts, feelings, and actions am I willing to create that will inspire the life I want?

