

Exercise: Changing Your Thoughts/Behaviors

Think about the thoughts, thought patterns, and behaviors that you are currently thinking and doing in your life. Are there any that are not aligned with the life that you would love. That are not aligned with the version of You that you are stepping into? Try to find five that you would love to shift or change in your life.

OLD THOUGHT/BEHAVIOR	NEW THOUGHT/BEHAVIOR
1)	
2)	
3)	
4)	
5)	