

FREE YOUR MIND ~ FEEL YOUR POWER ~ FIND YOUR HAPPINESS

"How You Do It" Worksheet

Name:		Date:	Worksheet #:
Th	e BELIEF:		
Th	e EMOTIONS:		
1.	List the PEOPLE you have chose maintain the belief/emotions.	en (may be subconscious) to surro	ound yourself with who help you
2.	List the ACTIVITIES you participa	ate in that help you to maintain the	e belief/emotions.
	a		
3.	List the PLACES you choose to s	spend time that help maintain the	belief/emotions.
	a		
	b		
	C		
4.	What HABITS do you participate in	that help you maintain the belief/en	notions.
	a		
	b		
	C.		