

“How You Do It” Worksheet

Name: _____ Date: _____ Worksheet #: _____

The **BELIEF**: _____

The **EMOTIONS**: _____

1. List the **PEOPLE** you have chosen (may be subconscious) to surround yourself with who help you maintain the belief/emotions.

a. _____

b. _____

c. _____

2. List the **ACTIVITIES** you participate in that help you to maintain the belief/emotions.

a. _____

b. _____

c. _____

3. List the **PLACES** you choose to spend time that help maintain the belief/emotions.

a. _____

b. _____

c. _____

4. What **HABITS** do you participate in that help you maintain the belief/emotions.

a. _____

b. _____

c. _____