

Out of the MATRIX Free Your Mind

“How Do You Do It” WORKSHEET

Name: _____ Date: ___/___/___

The Belief: _____

The Emotions: _____

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

a. _____

b. _____

c. _____

2. List the activities you participate in that help you 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. _____