



DATE:

## ALLOWING IT ALL TO CO-EXIST

LIFE ISN'T BLACK OR WHITE, RIGHT OR WRONG, OR GOOD OR BAD  
IT'S ALL THE THINGS, AND SOMETIMES ALL AT THE SAME TIME.

This exercise is simply an opportunity for you to notice allow all possible thoughts.

Everything you write is valid,  
it doesn't mean or say anything about who you are or who you will become.

(Reasons I wish I chose differently)

(Reasons I'm glad I chose as I did)

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## YOU GET TO CHOOSE

Looking back at the previous page,  
which side feels heavy? Which side feels light?

Now that you have an entire collection of thoughts to choose from.  
What will happen if you spend more time on the one side or the other?

You get to choose what you spend your time thinking.  
Choose some of your favorite thoughts from the previous page  
and identify how you feel when you think them.

What can you create in your life if you continue to feel some of these amazing feelings.

(Thought)

(Feeling)