

DATE:

## HONORING YOUR DECISION = HONORING YOU

## HOW YOU DO ONE THING IS HOW YOU DO EVERYTHING

This exercise if going to ask you to use that imagination I kept referring to in the podcast.

It's going to ask you to think a little outside the box.

If you can follow along, I'm quite sure you'll find it eye opening.

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How many of the things that you wrote on the last page, are you really thinking, saying, or wanting to say" to yourself?

Which of these thoughts do you want to keep?
Which are you ready to let go of?
What do you want to say instead?

J J	