

FEELINGS

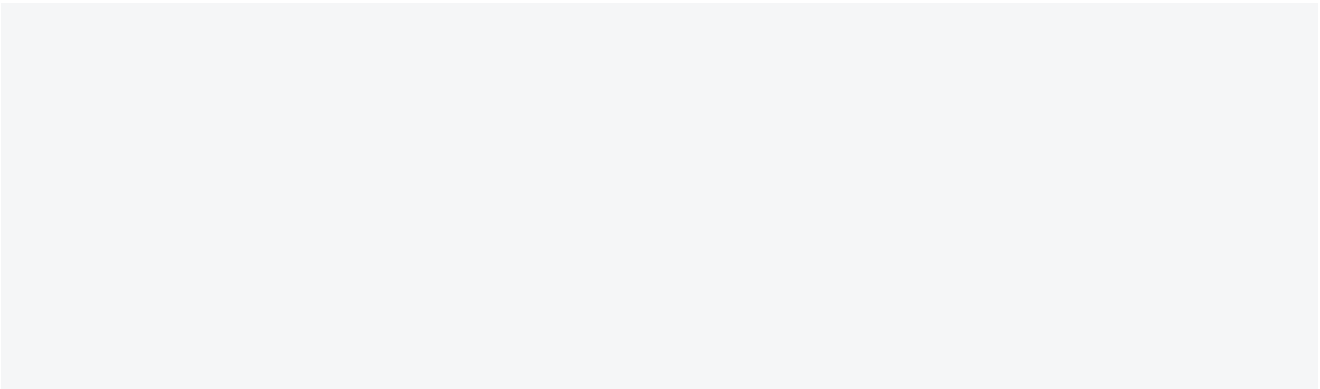
WHAT ARE THE MOST COMMON FEELINGS YOU EXPERIENCE?

WHAT FEELING DO YOU TRY TO AVOID FEELING?

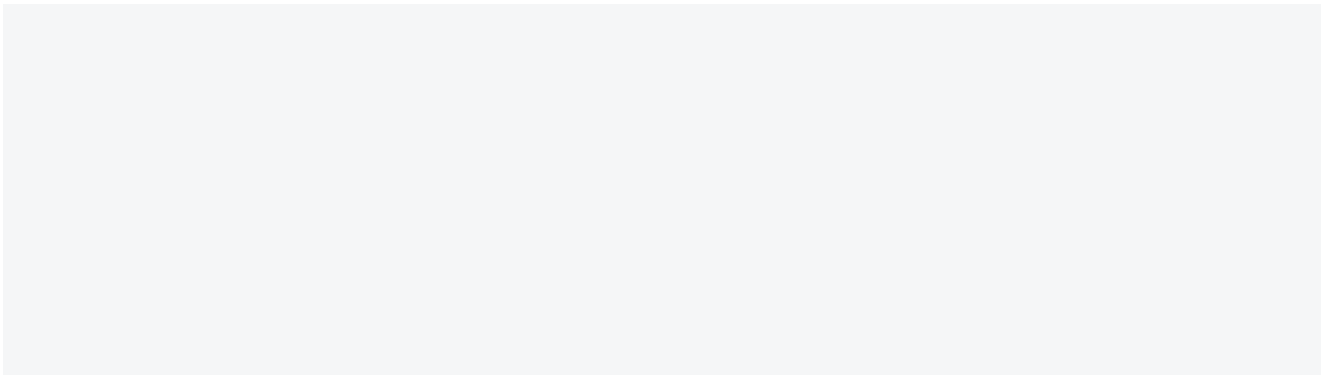
WHAT FEELINGS DO YOU WANT TO FEEL?

THOUGHTS BEHIND THE FEELINGS

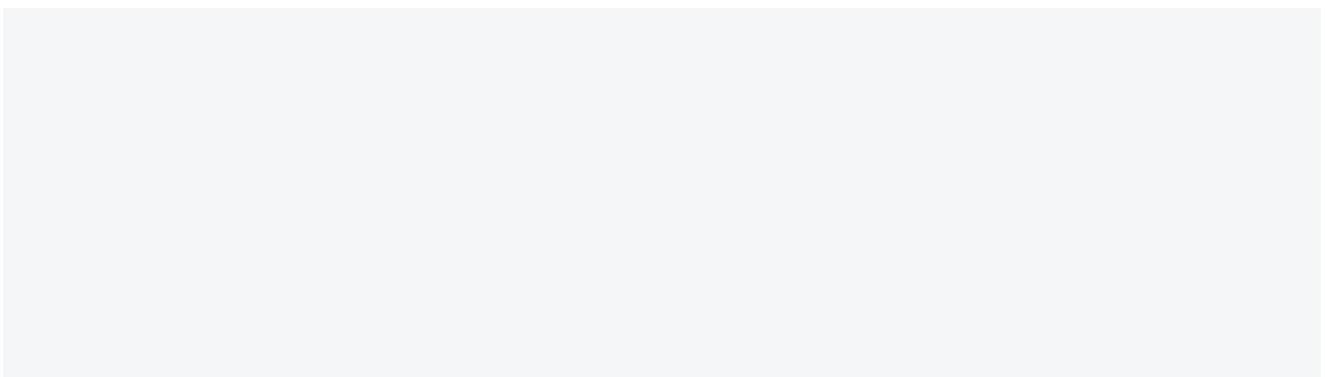
**WHAT ARE THE THOUGHTS THAT GENERATE THESE MOST
COMMON FEELINGS YOU EXPERIENCE?**



WHAT ARE SOME THOUGHTS THAT ARE NOT TRUE?

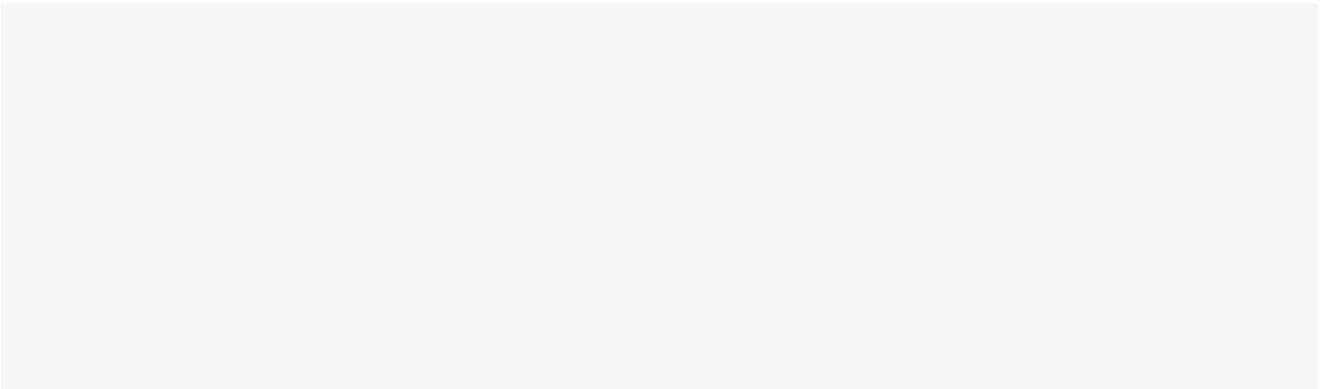


WHAT ARE SOME THOUGHTS THAT DO NOT SERVE YOU?

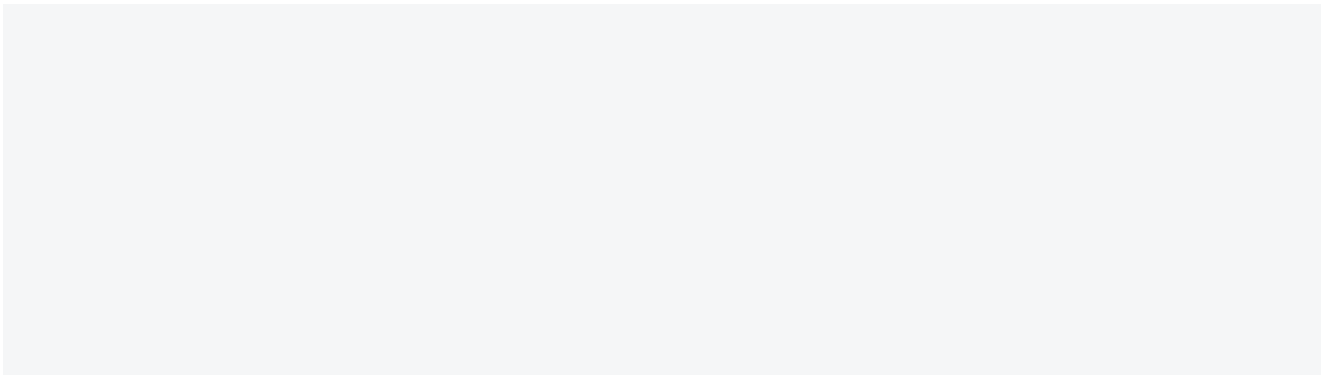


THOUGHTS BEHIND THE FEELINGS

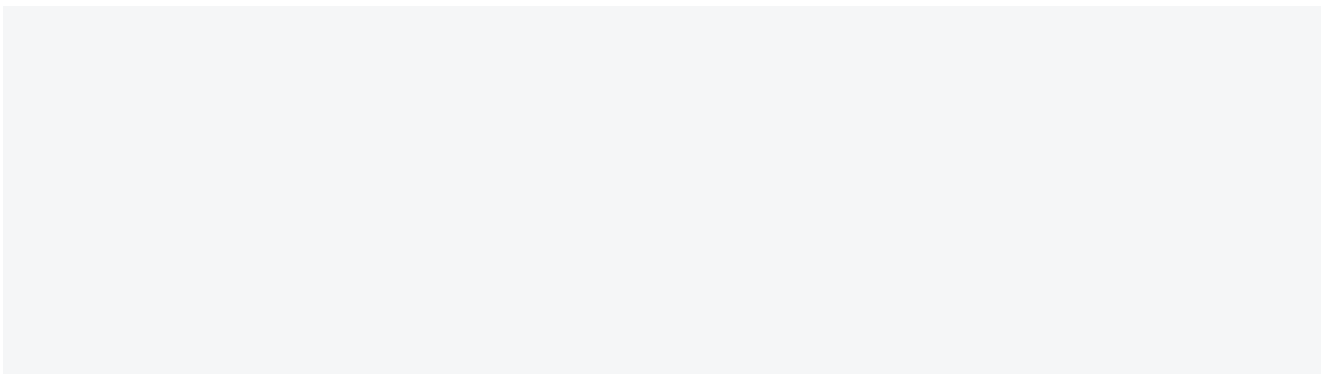
WHAT ARE THE THOUGHTS THAT GENERATE THE FEELINGS YOU WANT?



WHAT FEELINGS FUEL PRODUCTIVE ACTIONS?



WHAT THOUGHTS GENERATE THE FEELINGS ABOVE?



DAILY THOUGHT CHOICES

IDENTIFY THE RESULT YOU WANT TO ACCOMPLISH

Your to-do task for the day--the deliverable

WHAT ARE THE SPECIFIC ACTIONS YOU NEED TO TAKE TO GET THIS DONE?

List all the actions (big and small)

FEELING

What is the one feeling that will fuel the above actions? Consult the feeling wheel

THOUGHT

What is a thought that will generate the above feeling?