

Secret One - Self Awareness - Week Three



This weeks exercise is to buy yourself a cheap small notebook that you can carry with you in your handbag.

Mindful - Your recurring thoughts each day (about yourself/life and others)

What triggered the thought

How the thought made you feel

Did it spiral out of control

*'You
can't
change
what
you
refuse to
confront'*

The power of thoughts! - Week Three



Watch your thoughts - they become your words
Watch your words - they become your actions
Watch your actions - they become your habits
Watch your habits - they become your character
Watch your character - it becomes your destiny
Ghandi

What three/four persistent recurring thoughts do you have?

What is the longterm effect on you if you dont begin to change these thoughts and feelings? What could be your character and destiny?

*'What
you
choose to
focus on
becomes
your
reality'*

The power of thoughts! - Week Three



What could be the longterm benefit to YOU if you begin to change these thoughts and beliefs?

What would you like to think and believe instead?

*'Knowing
yourself
is the
beginning
of all
wisdom.'*