

GET IT DONE

1 What did you accomplish yesterday?

2 What's on the schedule for today?

3 What are your thoughts and feelings about it? Do a mini thought download.

4 Complete a model on one of the thoughts that isn't serving you.

Unintentional Model

C

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T

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F

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R

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5 How do you want and need to feel to get this work done today?
What would you need to be thinking?

6 Create a model with the new thought.

Intentional Model

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