

Monthly Assignment

Remember that there is a difference between agreeing with something intellectually and actually gaining insight from doing it.

It's the difference between doing a math problem for a test in school vs. calculating what you want to spend on your personal mortgage. One can literally change your life.

You will take 10 minutes and empty your brain on paper by doing a thought download.

In the following exercise, you can literally change your life by:

1. Increasing awareness by thinking about what you think about.
2. Understanding the impact of your thinking on your life by doing a model on your current thinking.
3. Working on consciously and deliberately creating your life by choosing a model you want to create in your daily life.

It takes twenty minutes per day.

For the next 30 days do a thought download and two models.

I have given you 30 days of worksheets that will increase your awareness and consciousness. Take the time to complete this work daily.

You will take 10 minutes and empty your brain on paper by doing a thought download. Fill the lined page with your thoughts. Keep writing until the page is filled.

Then, choose one of the thoughts, put it in the Model, and complete the model.

Then, decide what you want to feel instead and create a deliberate thought model that gives you a more desirable result.

Repeat.

[illegible]

Unintentional Model

C:

T:

F:

A:

R:

Intentional Model

C:

T:

F:

A:

R:

[illegible]

Unintentional Model

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This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, evenly spaced across the entire page. These lines are designed to help children learn letter height and placement as they write. There is no text or other markings on the page.

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