

BELIEVING NEW THINGS

WRITE DOWN THE NEW THOUGHT YOU WANT TO BELIEVE.

HOW DOES THIS THOUGHT FEEL WHEN YOU THINK IT TODAY?
WHY?

WHAT IS YOUR BRAIN SAYING? WHAT ARE THE CONFLICTING SENTENCES?

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The overall appearance is that of a clean, unused piece of stationery or notebook paper.