

MENTAL REHEARSAL

THINK ABOUT THE CHANGES YOU WANT TO MAKE AND VISUALIZE HAVING ALREADY MADE THEM. WHAT'S DIFFERENT ABOUT YOU?

HOW DO YOU HANDLE PROBLEMS DIFFERENTLY?

HOW DO YOU FEEL DIFFERENTLY?

HOW DO YOU ACT DIFFERENTLY?

HOW DO YOU SHOW UP DIFFERENTLY?

WHEN YOU IMAGINE YOURSELF “PRACTICING” FOR THIS PART IN YOUR NEW LIFE, WHAT ARE YOU DOING WELL AND WHAT DO YOU NEED TO KEEP PRACTICING?

HOW WILL YOU KNOW WHEN IT HAS “CLICKED” FOR YOU?
