

# MENTAL REHEARSAL

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

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HOW DO YOU HANDLE PROBLEMS DIFFERENTLY?

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HOW DO YOU FEEL DIFFERENTLY?

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HOW DO YOU ACT DIFFERENTLY?

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HOW DO YOU SHOW UP DIFFERENTLY?

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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?

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

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