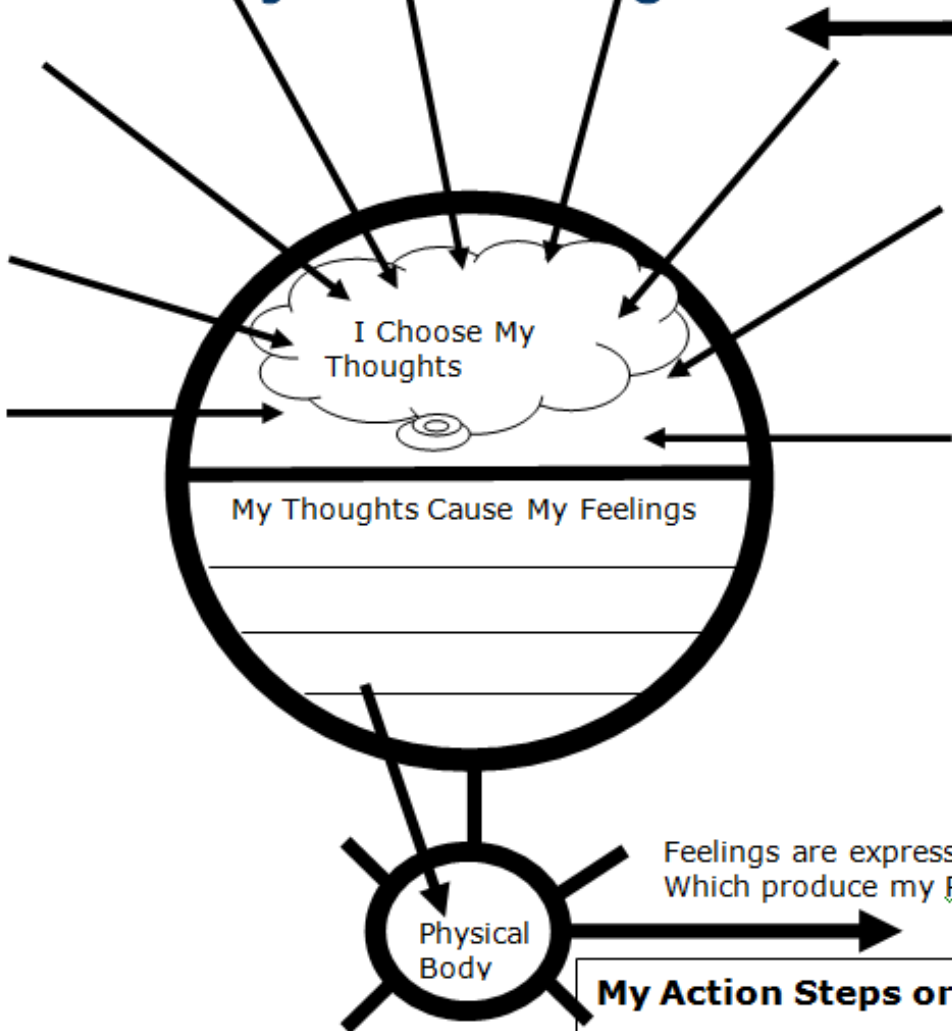


Week 11
Activity 2
Worksheets

My 'I am' Thoughts

I Choose My Results



WHO I CHOOSE TO BE
WHAT I CHOOSE TO DO
WHAT I CHOOSE TO HAVE

My Action Steps or Goals

In your journal

Decide on what physical possession you are choosing to bring into your life right now.

Engage all of your 5 senses and write out a paragraph describing it.

What does it look like?

What do you hear around you?

What smells are there?

Is there any taste involved?

How does it feel in your hands, or when you touch it?

I am so happy and grateful now that I have ...

My Journal

