

CHANGING A THOUGHT INTO A FUTURE EXPECTATION

New Thought	Details	Actions
<p>Example: <i>I am a valued and worthy human being.</i></p>	<ol style="list-style-type: none"> 1. <i>A valued and worthy human being communicates love to others.</i> 2. <i>A valued and worthy human being respects his or her body.</i> 3. <i>A valued and worthy human being feeds his or her mind.</i> 	<ol style="list-style-type: none"> 1. <i>I will smile at five new people every day.</i> 2. <i>I will replace soda with water.</i> 3. <i>I can read a book instead of watching TV before going to bed.</i>
1.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
2.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
3.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.
4.	<ol style="list-style-type: none"> 1. 2. 3. 	<ol style="list-style-type: none"> 1. 2. 3.