

sort out your feelings

What things DON'T you like that's happening right now?

Now write the opposite and state how you would like those things to be:

"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you." - James Allen

How are you currently feeling that you don't want to feel anymore?

Write down the ways you want to begin to feel:

Fold this paper in half and look at the side with your desired situations and feelings daily or weekly. You can also do this exercise before filling out the Dream Worksheet or anytime you need to step back and reassess.