



You are in control of your emotional state.

1. You can choose what to think and what you allow yourself to feel.

The first step is to start listening to what you are saying to yourself. Morning pages is a great way to start this. By understand what you thinking you can change it to what you want to be thinking

What do you keep saying to yourself, over and over again. (If you not sure, start to listen)

2. I deserve it.

What I want because I deserve it Intention:

Meditation: I deserve it!

Say Yes in your hear and pay attention to what happens.

Say Maybe in your hear and pay attention to what happens.

Say No in your hear and pay attention to what happens.