



A. Awareness

Is this _____ serving me?

- Pattern Interrupt - STOP sign

B. Belief Check

1. Belief Bust

Where did you learn this _____? (origin - not yours)

- Silence a past voice - Shush the Voice
- Sever the neuro pathway - Cut the Cord

2. Gain Leverage for Change

If you continue this _____, where will it lead you? (cause & effect)

- Crystal Ball

3. Belief Building

What do I want to create instead? (see and feel)

- Rise & Thrive

C. Choice Point

What is the most powerful _____ you could choose right now that would serve you and move you closer to your goals? (pivot and move)

- Finger Roll - NOW