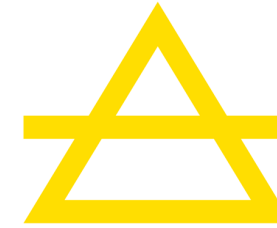


# Changing beliefs



**KEEP  
THRIVING**

Old Belief

New Belief

Decision

Emotion

Action

*I believe...*

*From here on  
forward everyday I...*

*I am feeling...  
I am experiencing...*

*The one thing I will  
do today to make  
this real in my life  
is...*