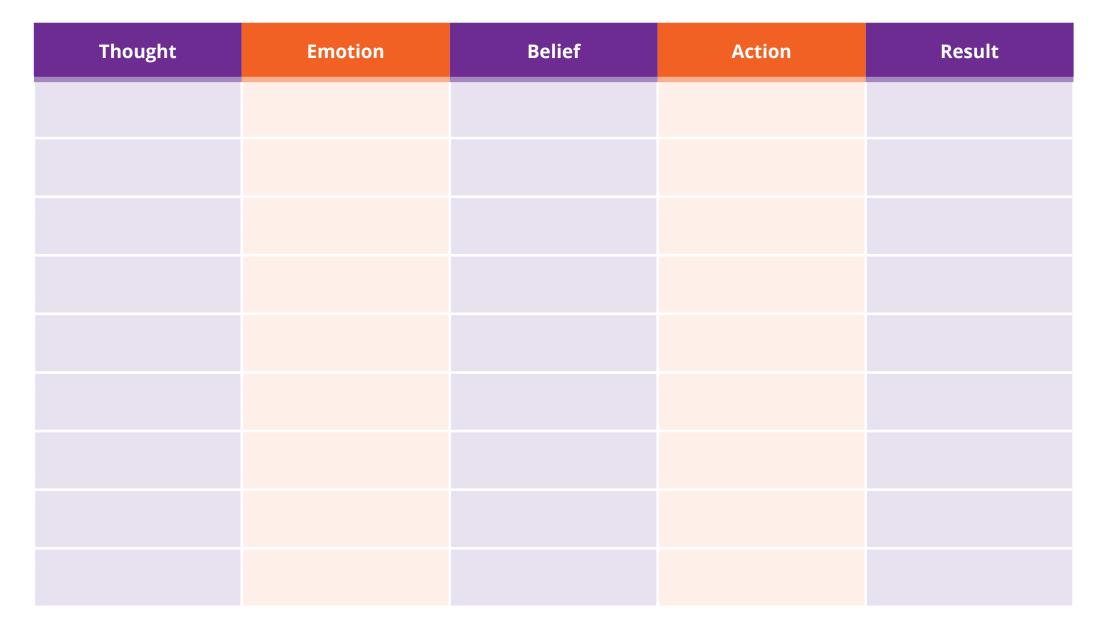
Mindset Thoughts = Mindset Results Awareness Sheet

A thought is just a thought until we put an emotion to it. For this sheet, please log your **thoughts, what emotion and belief it turned into and what action you took that got you the result**. If a thought comes into your mind and you don't turn that into an emotion, please log down that thought and don't complete the rest of the form.



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