# SHIFT
## to positive thoughts
## & powerful results

| | |
|---|---|
| ◆ | Effortlessness |
| ✳ | High Noticing |
| ● | Authenticity |
| ★ | Dedication |
| ◎ | Enthusiasm |
| ⌘ | Excitement |
| ■ | Trust |
| | Discomfort |
| ■ | Fear |
| ⌘ | Exhaustion |
| ◎ | Anxiety |
| ★ | Defiance |
| ● | Self-Importance |
| ✳ | Habituation |
| ◆ | Overdoing |

New Thoughts POSITIVE

The Line

NEGATIVE Thoughts

Directional Signal to the Brain
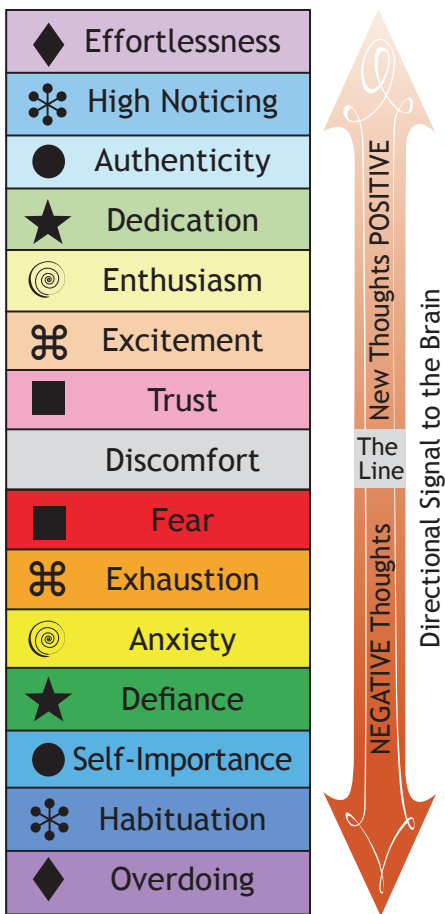
1. What is my predominant under-the-line thought pattern? *(note the symbol, the color and the word)*

2. Where above-the-line do I want to focus my thoughts for more flow and effectiveness?

3. Create an intention/statement to support the new focus. "I _____."

4. What action step will I take today to make this happen? *(Note: this action step can be a focused thought and/or physical action)*