



◆ — ◆ — ◆ YOUR 30 - DAY ◆ — ◆ — ◆

# JOURNAL BOOK

# LETTER FROM CORINNE —◆◆◆

This journal is special.

It's filled with prompts to help you dramatically change your relationship with food, the scale, relationships, and most importantly...

You'll radically change the way you think about the most important person in the world.

YOU.

I suggest you print or download this guide each month and choose a new topic to work through. You'll be shocked how much better you can feel after just a few days of changing your thinking.

You can use the optional 4N's New Belief Process (explained on page 3) to work on getting out of old shitty thinking that's holding you back into new thinking that will help you get your goals.

And, even if you don't think you're good at journaling, give it a try. It gets easier and easier as you realize...

Wow...changing a thought not only feels good, but is easier than I thought.

With love,

*Corinne*<sup>®</sup>



# 4N'S NEW BELIEF PROCESS —◆◆◆

The 4N's New Belief Process will help you uncover any old thinking you're hanging onto about your...

◆ Weight

◆ Ability to keep your weight off

◆ Body

◆ New possibilities in life

◆ Food

The 4 N's will help you feel better and find relief from shitty thinking about any situation.

The 4N's New Belief Process is simple.

## 1 NOTICE YOUR THINKING

Notice a thought or belief you have that feels bad or isn't going to help you with your goals.

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## 2 NORMALIZE YOUR THOUGHTS

No thought is bad. No belief is true. Old Shitty thoughts and beliefs often feel true and bad, but the good news is they are normal. Every human has them, and they don't mean anything until you decide they do (or decide they don't). Most of our thoughts were handed to us by what we've been taught or conditioned to believe by peers, parents or social media. So remind yourself that any thought you have is normal and you don't need to freak out about it.

## 3 NEUTRALIZE THE BELIEF/THOUGHT

Break down your belief/thought into just facts. Drop adverbs, adjectives and anything that attaches your opinion to it. When you neutralize a belief/thought, you take the emotional charge out. It allows you to see your thinking in a plain, factual way (which also opens the door for another perspective).

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## 4 NEXT BEST THOUGHT & ACTION

Time to open the door to a slightly different possibility so you can do something new. You don't need a big, new thought, just something a little bit better than the neutralized version of it. Then come up with something you can do to reinforce this new thinking. It's important to shifting beliefs.

**Use the journaling page template on the next page with any of the prompts that follow your No BS Planner to practice getting clarity on your thinking and ways to move forward.**

1. Answer a journal prompt every day.
2. Highlight one thought that feels like it's the "truth" and that doesn't feel useful or good.
3. Use the 4N's for that thought to work through changing what you think and believe.

# 30 DAY JOURNAL PROMPTS

## INSTRUCTIONS

This section has 30 day journaling prompts focused on things that often effect your eating. It's simple. Each day answer the question/prompt of the day.

OVEREATING

DIET MENTALITY

FOOD

DRINKING

WEIGHT & BODY IMAGE

GOAL WEIGHT

RELATIONSHIPS

SELF LOVE

MANAGING TIME

Use the back pages of this journal book or your own notebook to answer the prompt of the day and to work the 4 N's.



NO ONE IS WAITING FOR YOU TO **LOSE WEIGHT**  
THEY ARE WAITING FOR YOU TO

*love yourself.*



Corinne



# FOOD JOURNAL PROMPTS

## DAY 1

What three words describe my past relationship with food?

## DAY 2

The purpose of food is...

## DAY 3

When I think of food, I feel...

## DAY 4

I eat because...

## DAY 5

Describe some of your childhood memories around food. What did you learn about food that you are still thinking today?

## DAY 6

In the past, I have used food to...

## DAY 7

Name three feelings that you have attempted to cover up with food.

## DAY 8

If I could change one belief about food this week, it would be...and here's why...

## DAY 9

Food only solves hunger. What else have I tried to use it to solve?

## DAY 10

When I plan my food each day, I think...

## DAY 11

What do I love about food?

## DAY 12

Do I believe that there are "good" and "bad" foods? Why or why not?

## DAY 13

Today I chose the foods I did because...

## DAY 14

What three words describe my present relationship with food?

## DAY 15

I eat because...

## DAY 16

If I could change one belief about food this week, it would be...and here's why...

## DAY 17

Today I will use food to...

## DAY 18

The purpose of food in social situations is...

## DAY 19

Think about your favorite food. Why is it your favorite?

## DAY 20

This is my list of thoughts about food that I want to keep...

## DAY 21

I eat because...

## DAY 22

If I could change one belief about food this week, it would be... and here's why...

## DAY 23

This is what I've learned about food this month...

## DAY 24

The purpose of food is...

## DAY 25

Do I love food? Why or why not?

## DAY 26

My ideal food day looks like... because...

## DAY 27

In the future, I will use food to...

## DAY 28

Today I will decide to eat because...

## DAY 29

If I could change one belief about food this week, it would be...and here's why...

## DAY 30

What three words describe my future relationship with food?

# WEIGHT & BODY IMAGE JOURNAL PROMPTS

## DAY 1

What do I think about the scale?

## DAY 2

When I look in the mirror I think...

## DAY 3

What do I think about my body now?

## DAY 4

Standing in front of a mirror, tell yourself 10 nice things out loud. Then write them down.

## DAY 5

Do I think I can lose weight? Why or why not?

## DAY 6

If I could change one thought about my body it would be...and here's why...

## DAY 7

Three things I love and admire about myself are...

## DAY 8

Pick one body part you like and write about why you like it.

## DAY 9

When I step on the scale I think...

## DAY 10

When I look at a picture of myself, I think...

## DAY 11

What did I learn about my body growing up? Is it helping me today? Why or why not?

## DAY 12

Dear body, I love you because...

## DAY 13

If I could change one thought about my body it would be.... Why do I want to change that thought?

## DAY 14

How will I take care of my body today?

## DAY 15

What can I do today so my body feels good tomorrow?

## DAY 16

How would I like to feel about my body and why?

## DAY 17

What do I like about my body?

## DAY 18

Pick one body part that you don't like yet. What can you think today to start accepting it?

## DAY 19

Right now, my body needs...

## DAY 20

If I could change one thought about my body it would be.... Why do I want to change that thought?

## DAY 21

How will I feel when I reach my goal weight? How can I start feeling that today?

## DAY 22

I am grateful today that my body helped me...

## DAY 23

This is what I want to think about the number on the scale...

## DAY 24

If I could take a magic pill and have my dream body, what would it be?

## DAY 25

Imagine your body is your best friend. What are 5 things you would say to her?

## DAY 26

The next time someone asks me to be in a picture, I will...

## DAY 27

If I could change one thought about my body it would be.... Why do I want to change that thought?

## DAY 28

This is what I've been learning about my weight and my body this month...

## DAY 29

This is my list of thoughts about my weight and body I'm willing to change...

## DAY 30

This is my list of thoughts about my weight and body I want to keep...

# RELATIONSHIPS JOURNAL PROMPTS

## DAY 1

The relationship I'm going to focus on is \_\_\_\_\_. I want to focus on this relationship because...

## DAY 5

A thought I notice I keep having about this relationship is... Do I need to keep this thought or toss it? Why?

## DAY 9

These are some of things I do in my relationship that I'm not proud of...

## DAY 13

These are the ways this person loves me...

## DAY 17

What do I believe about their ability to love me?

## DAY 21

Three things I love and admire about this person are...

## DAY 25

This is what our relationship looks like in one year... in five years...

## DAY 29

No matter what this person says, does, or thinks of me, am I willing to love them even if I don't like their behavior? Why or why not?

## DAY 2

What is my general opinion of this person? How do they show up for me in our relationship?

## DAY 6

These are the ways this person loves me...

## DAY 10

These are some of things I do in my relationship that I am proud of...

## DAY 14

Three things I love and admire about this person are...

## DAY 18

How are we different in the ways we show love to each other?

## DAY 22

What is one area of this relationship I could do better with? What can I do differently?

## DAY 26

What do I want my person to tell me that I should be telling myself? How can I do that?

## DAY 3

What have been our five best moments? Our five worst? Why?

## DAY 7

Three things I love and admire about this person are...

## DAY 11

These are some of the ways we work together...

## DAY 15

What do I believe about my ability to repair this relationship?

## DAY 19

How are we the same in the ways we show love to each other?

## DAY 23

This is what I've learned about my relationship this month, and this is what I've learned about myself.

## DAY 27

These are the ways this person loves me...

## DAY 30

The one thing I want this person to know is... Why?

## DAY 4

If I could change one thing about this person, it would be this... Why?

## DAY 8

Describe your relationship as it is today. What part do you play and why?

## DAY 12

These are some of the ways we don't work together...

## DAY 16

What do I believe about my ability to love this person?

## DAY 20

These are the ways this person loves me...

## DAY 24

If I allow this person to be themselves 100% of the time, without judging them, what would change in our relationship?

## DAY 28

Three things I love and admire about this person are...

# GOAL WEIGHT JOURNAL PROMPTS

## DAY 1

My goal weight is \_\_\_\_\_. When I think about that number, I feel \_\_\_\_\_ and here's why...

## DAY 5

A thought I notice I keep having about reaching my goal is... Do I need to keep this thought or toss it? Why?

## DAY 9

List 10 reasons you think you SHOULD lose weight. Are these reasons compelling? Why or why not?

## DAY 13

What am I willing to believe about achieving my goal weight no matter what?

## DAY 17

What am I willing to try if I hit a stall or plateau?

## DAY 21

What's one thing I can do today that I've been putting off and how will that help me reach my goal?

## DAY 25

This is what my weightloss looks like in one year... in five years...

## DAY 29

This is what I've learned about my journey to goal weight...

## DAY 2

Here are the reasons I believe I can meet this goal...

## DAY 6

What am I willing to believe about achieving my goal weight no matter what?

## DAY 10

Look at your lists for the past two days. Which reasons will motivate you in a positive way to reach your goal weight?

## DAY 14

What's one thing I can do today that I've been putting off and how will that help me reach my goal?

## DAY 18

Do I believe the last 20 pounds will be hard? Why or why not?

## DAY 22

When I reach my goal weight, I believe these things will change for me...can you start making these changes now? Why or why not?

## DAY 26

I can feel really good about my journey to goal weight by thinking...

## DAY 30

The one thing I want to tell my future self, who is at goal weight, is...

## DAY 3

Here are the reasons I don't believe I can meet this goal...

## DAY 7

What's one thing I can do today that I've been putting off and how will that help me reach my goal?

## DAY 11

What does my life look like at my goal weight? List thoughts, feelings and actions.

## DAY 15

What do I believe about my ability to reach my goal weight?

## DAY 19

What am I willing to believe about the last 20 pounds?

## DAY 23

When I reach my goal weight, I will believe this about myself...can you start believing that now? Why or why not?

## DAY 27

What am I willing to believe about achieving my goal weight no matter what?

## DAY 4

Up to now, I have always believed this about my ability to lose weight...

## DAY 8

List 10 reasons why you want to lose weight. Which one is most compelling and why?

## DAY 12

Go back to your list from Day 11. How can you experience some of that now?

## DAY 16

What are the things I need to do today to achieve my goal weight? What do I believe about my ability to do those things today?

## DAY 20

What am I willing to believe about achieving my goal weight no matter what?

## DAY 24

I'll know I've reached my goal when...

## DAY 28

What's one thing I can do today that I've been putting off and how will that help me reach my goal?



# OVEREATING JOURNAL PROMPTS

## DAY 1

What am I usually thinking about when I overeat?

## DAY 2

Am I following my plan today? Why or why not?

## DAY 3

What overeating patterns am I noticing? How can I change them?

## DAY 4

What am I thinking when I say no to an urge?

## DAY 5

When I think about stopping before I'm full, I think...

## DAY 6

If I could think one thing when I overeat this week, it would be.... and here's why...

## DAY 7

What is one thing I can do that makes saying no to overeating easier?

## DAY 8

When I overeat, I am trying to feel..... How can I start feeling that today without food?

## DAY 9

What am I thinking when I say no to an urge?

## DAY 10

What overeating patterns am I noticing? How can I change them?

## DAY 11

When I say yes to an urge, what am I thinking?

## DAY 12

Did I only eat when I was physically hungry today? Why or why not?

## DAY 13

When I have an overeat, I want to be able to think this... Why is this important?

## DAY 14

When I notice I am overeating I wish I could...

## DAY 15

When I eat on plan today, I will finish the day thinking and feeling these things...

## DAY 16

The last time I had an urge to overeat, what feeling was I trying to feel? Or was I avoiding a feeling? Why?

## DAY 17

What overeating patterns am I noticing? How can I change them?

## DAY 18

After I overeat, how can I make sure I like my next eating decision?

## DAY 19

Am I following my plan today? Why or why not?

## DAY 20

If I could think one thing when I overeat this week, it would be.... and here's why...

## DAY 21

What am I thinking when I say no to an urge?

## DAY 22

What is one thing I can do to make eating on plan easier?

## DAY 23

Did I only eat when I was physically hungry today? Why or why not?

## DAY 24

What overeating patterns am I noticing? How can I change them?

## DAY 25

What am I thinking when I say yes to an urge?

## DAY 26

The next time I have an urge to overeat, I plan to...

## DAY 27

If I could think one thing when I overeat this week, it would be.... and here's why...

## DAY 28

What will my life look like if I stop overeating?

## DAY 29

What do I think about my life without overeating?

## DAY 30

Why is it important for me to stop overeating?

# DRINKING JOURNAL PROMPTS

## DAY 1

What does my current drinking habit look like? Why do I want to examine it?

## DAY 5

When I say yes to drinking too much, this is what happens....

## DAY 9

What do I want to keep about the way I drink now? What do I want to change? Why?

## DAY 13

How do I feel about only having drinks when they are planned?

## DAY 17

Am I willing to change how I think about drinking so I feel more in control? Why or why not?

## DAY 21

How much do I see myself drinking in the future? What's changed?

## DAY 25

What will others say when I change my drinking habits? How will I react to what they say?

## DAY 29

When I think about the person I want to be with drinking, this is what I see...

## DAY 2

What are my thoughts about drinking?

## DAY 6

When I plan to not drink, then break my plan, I think these things about myself...

## DAY 10

Am I good at keeping promises to myself? Why or why not?

## DAY 14

I want to change the way I am drinking because....Why is this important?

## DAY 18

What can I work on so I can feel an urge to drink and not do it? How can I use this in other areas of my life?

## DAY 22

In the future, what will I tell myself if I want to drink off plan, or if I decide to drink off plan?

## DAY 26

When someone offers me an unplanned drink, I am used to thinking and doing this...What can I think and do instead?

## DAY 30

What else can I do to make progress in my work on drinking?

## DAY 3

When I think about changing my drinking, I feel...Why?

## DAY 7

Why is it important to change my relationship with drinking?

## DAY 11

Pretend it's Saturday and you decided not to drink last night. How do you feel compared to how you normally feel when you drink on Friday night?

## DAY 15

Imagine having the urge to drink. What are you telling yourself? How do you feel physically?

## DAY 19

What am I thinking when I want to drink? Is that true? Can I think something different?

## DAY 23

How will changing how much I drink change my life in general? What benefits do I see happening? What drawbacks?

## DAY 27

What have I been avoiding with drinking that I'm ready to work on now?

## DAY 4

On the days I over drink, the next day I think...and feel...

## DAY 8

What do I think when I meet someone who never drinks?

## DAY 12

How would a different drinking life benefit me?

## DAY 16

What are you wanting to think or feel when you drink? Is drinking the only solution? Why or why not?

## DAY 20

What obstacles will I face if I change my drinking? What can I do about them?

## DAY 24

Think about the person you want to be when it comes to drinking. How is she different? The same?

## DAY 28

I have decided it's time to change my relationship with drinking forever. What's next for me? How does this feel?

# MANAGING TIME JOURNAL PROMPTS

## DAY 1

Do I think I have enough time?  
Why or why not?

## DAY 2

Do I want more time? Why or  
why not?

## DAY 3

Do I have plenty of time to do  
what I need to do today? Why  
or why not?

## DAY 4

Is time valuable? Why or why  
not?

## DAY 5

What does being busy feel  
like?

## DAY 6

If I could change one thought I  
have about time, it would  
be...and here's why.

## DAY 7

What do I want to think about  
my time this week?

## DAY 8

If I could change how I spent  
my time yesterday, what would  
I do differently and why?

## DAY 9

What are the 3 things I do  
that waste the most time?  
What can I do to change  
these things?

## DAY 10

Where am I on my priority  
list? Why?

## DAY 11

If I could create an extra  
hour or time today, how  
would I spend it?

## DAY 12

What decision can I make  
today that I have been  
putting off?

## DAY 13

If I could change one  
thought I have about time, it  
would be...and here's why.

## DAY 14

What do I want to think  
about my time this week?

## DAY 15

What can I say "no" to  
today? How will that  
help me tomorrow?

## DAY 16

What is something I can  
do today that I know I  
may not want to do? Why  
is it important to do this?

## DAY 17

What are three excuses that  
I've been making that waste  
time? How often do I use  
these excuses?

## DAY 18

What is something I can ask  
for help with today to save  
time?

## DAY 19

Today I will make time for...

## DAY 20

What is something I could  
start thinking about time  
this week?

## DAY 21

What do I want to think  
about my time this week?

## DAY 22

I will make myself a  
priority today by...

## DAY 23

If I could change how I  
spent my time yesterday,  
what would I do  
differently and why?

## DAY 24

What can I say yes to today?  
How will that help me  
tomorrow?

## DAY 25

What is one thing I can do  
today that I have been  
putting off?

## DAY 26

If I only had 24 hours to live,  
how would I spend them?

## DAY 27

If I could change one  
thought I have about time, it  
would be...and here's why.

## DAY 28

What do I want to think about  
my time this week?

## DAY 29

This is my list of thoughts  
about time that I'm willing  
to drop...

## DAY 30

This is my list of thoughts  
about time that I want to  
keep...

# DIET MENTALITY JOURNAL PROMPTS

## DAY 1

Up to now, I have always believed this about my ability to lose weight...

## DAY 2

These are all the things I think I have to EAT to lose weight...

## DAY 3

These are all the things I think I have to DO to lose weight...

## DAY 4

Look at your list from Day 2. Next to each item, write whether or not this is true and why.

## DAY 5

Look at your list from Day 3. Next to each item, write whether or not this is true and why.

## DAY 6

If I could change one diet rule I have this week, it would be...and here's why...

## DAY 7

A thought I keep having about what it takes to lose weight is ...Do I need to keep this thought or toss it? Why?

## DAY 8

Describe your relationship with food as it is today. What do I want to keep? What do I want to change?

## DAY 9

These are some of the things I eat or do around food that I'm not proud of...

## DAY 10

What eating behaviors of mine do I justify by blaming old diet rules?

## DAY 11

These are some of the things I eat or do around food that I am proud of...

## DAY 12

What is one new diet rule I am learning that is working for me? Why is it working?

## DAY 13

If I could change one diet rule I have this week, it would be...and here's why...

## DAY 14

One new diet belief I am practicing this week is...

## DAY 15

What do I believe about my ability to change my thoughts about food?

## DAY 16

What do I think about my ability to love the process of losing weight?

## DAY 17

What do I think about my ability to stop when I've had enough?

## DAY 18

What foods am I willing to plan and only eat to satisfied? How does this make me feel and why?

## DAY 19

These are foods I describe as "good." Why do I think of them this way?

## DAY 20

These are foods I describe as "bad." Why do I think of them this way?

## DAY 21

What do I think about my ability to follow my doable 24 hour plan?

## DAY 22

One food I'm worried about planning is...and here's why...Do I need to let this thought stop me? Why?

## DAY 23

This food rule WORKS for me...and here's why...

## DAY 24

I want to work on adopting this food rule...I know it will work for me because...

## DAY 25

This is what my diet rules look like in one year... in five years...

## DAY 26

I can feel really good about losing weight by thinking...

## DAY 27

If I could change one diet rule I have this week, it would be...and here's why...

## DAY 28

One new diet rule I am practicing this week is...

## DAY 29

This is what I've learned about my own diet rules this month, and this is what I've learned about myself.

## DAY 30

This is my list of all the diet rules I'm ready to drop. And this is my list of the diet rules I'm keeping. I am keeping these rules because...

# SELF LOVE JOURNAL PROMPTS

## DAY 1

What do I currently think about myself?

## DAY 5

What are the top 3 thoughts I have about myself right now? Do I want to keep them?

## DAY 9

Look back at Day 1 at the thoughts that don't feel good. How can you change them to something that feels better?

## DAY 13

A thought I had about myself today that I really liked was...Why?

## DAY 17

What is one new thought I can think about myself today? When I think this thought, I will feel...

## DAY 21

How will letting go of old thoughts about myself help me today? Tomorrow? In the future?

## DAY 25

If I could believe anything about my future, what would it be? Can I start believing that today? Why or why not?

## DAY 29

How does the person I am becoming speak to herself? What does she say?

## DAY 2

What are the top 3 moments in my life? How have these moments influenced me?

## DAY 6

What are 3 things I was told in the past that I still believe about myself? Do I want to keep believing them?

## DAY 10

Pick 2 things to do today that show yourself love. What do you think about doing them? Write about how it felt to do them.

## DAY 14

How will letting go of the old, practiced thoughts about myself allow me to change?

## DAY 18

Loving myself means...

## DAY 22

What am I thinking about myself today? Which of these thoughts needs to change and how can I change them?

## DAY 26

Stand in front of the mirror and tell yourself 10 nice things out loud. How did that feel? Are you willing to continue practicing saying nice things to yourself?

## DAY 30

How am I different today than I was on Day 1? What have I learned? What will I continue to say to myself and do for myself?

## DAY 3

What are the 3 lowest moments in my life? How have these moments influenced me?

## DAY 7

How will letting go of some of my old thoughts about myself change me today?

## DAY 11

Whose opinion about me do I rely on the most for my self-worth? Do I want to keep relying on them? Why or why not?

## DAY 15

These are some of the compliments I receive. Do I believe them? Why or why not?

## DAY 19

What is one word that describes the person I am learning to be? Why is this important to me?

## DAY 23

My definition of self love is...Do I like my definition? If not, how can I change it?

## DAY 27

When I doubt myself, I think these things...What could I think instead?

## DAY 4

When I think about speaking nicely to myself, I think...Why?

## DAY 8

Are other people's opinions important to me? Why or why not?

## DAY 12

These are the things I can start doing in order to change my opinion of myself.

## DAY 16

What do I think about myself today? Do I like that thought? What can I think instead?

## DAY 20

Pick a time in your past when you felt unloved. How can you look at this in a new way?

## DAY 24

List all the things standing in the way of loving yourself. How can you change them or think about them in a new way?

## DAY 28

This is one thought I seem to always think about myself that just isn't true. What can I tell myself instead?




# DON'T SKIP *journaling*

BECAUSE YOU **HAVEN'T**  
HAD A SHITTY DAY.



Corinne

# JOURNAL PAGE #1



JOURNAL TOPIC:


A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #2



JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because


**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?





# JOURNAL PAGE #3



JOURNAL TOPIC:


A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #4



JOURNAL TOPIC:

A thought I'm **NOTICING** is...


The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #5



JOURNAL TOPIC:


A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #6



JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #7 ————— ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:


A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #8



JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #9 ————— ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #10 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?





# JOURNAL PAGE #11 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #12 —◆◆◆◆◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #13 —◆◆◆◆◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #14 —◆◆◆◆◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #15 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #16 —◆◆◆◆◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #17 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #18 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?





# JOURNAL PAGE #19 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #20 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #21 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #22 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #23 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #24 —◆◆◆◆◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #25 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #26 —◆◆◆◆◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?





# JOURNAL PAGE #27 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #28 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #29 —→ ◆ ◆ ◆ ◆ ◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?

# JOURNAL PAGE #30 —◆◆◆◆◆

JOURNAL TOPIC:

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?



# JOURNAL PAGE #31 —→ ◆ ◆ ◆ ◆ ◆

The next area I want to work on is...

and here's why...

A thought I'm **NOTICING** is...

The reason it's **NORMAL** I have this thought is because

**NEUTRALIZE** the thought by making it factual:

Looking at the neutral version of my thinking, what is my **NEXT** best thought or action?