



Adopt a New Action or Attitude Worksheet

Action/ Attitude	Thoughts That Support Living This	How I'll Feel Living This	How I'll Act Living This
1.			
2.			
3.			
4.			
5.			

Use the following chart to track the success of your daily transformation. Start each morning by identifying an opportunity to be the new you. Colour in a box at the end of each day on which you succeed in demonstrating this new action/attitude.

