

## CHANGING A THOUGHT INTO A FUTURE EXPECTATION

New Thought	Details	Actions
<b>Example:</b> <i>I am a valued and worthy human being.</i>	<ol style="list-style-type: none"> <li>1. <i>A valued and worthy human being communicates love to others.</i></li> <li>2. <i>A valued and worthy human being respects his or her body.</i></li> <li>3. <i>A valued and worthy human being feeds his or her mind.</i></li> </ol>	<ol style="list-style-type: none"> <li>1. <i>I will smile at five new people every day.</i></li> <li>2. <i>I will replace soda with water.</i></li> <li>3. <i>I can read a book instead of watching TV before going to bed.</i></li> </ol>
1.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
2.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
3.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
4.	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>