

THE THOUGHT BOX EXERCISE:

1. Print out this page
2. Make as many copies as you want
3. Clip out the box below
4. Take a few moments to fill in the blank thoughts
5. Set aside, in a small box, if you'd like
6. Now continue with the Training, you will use these thoughts later.



The Thought Box

Fill In the Blanks

I want _____

I need to have _____

I don't have enough _____

I want more _____

