

MILLIONHER[®]
Mindset

FREAKOUTS

What am I freaking out about today?

What, if anything, do I want to do to take my power back on these?

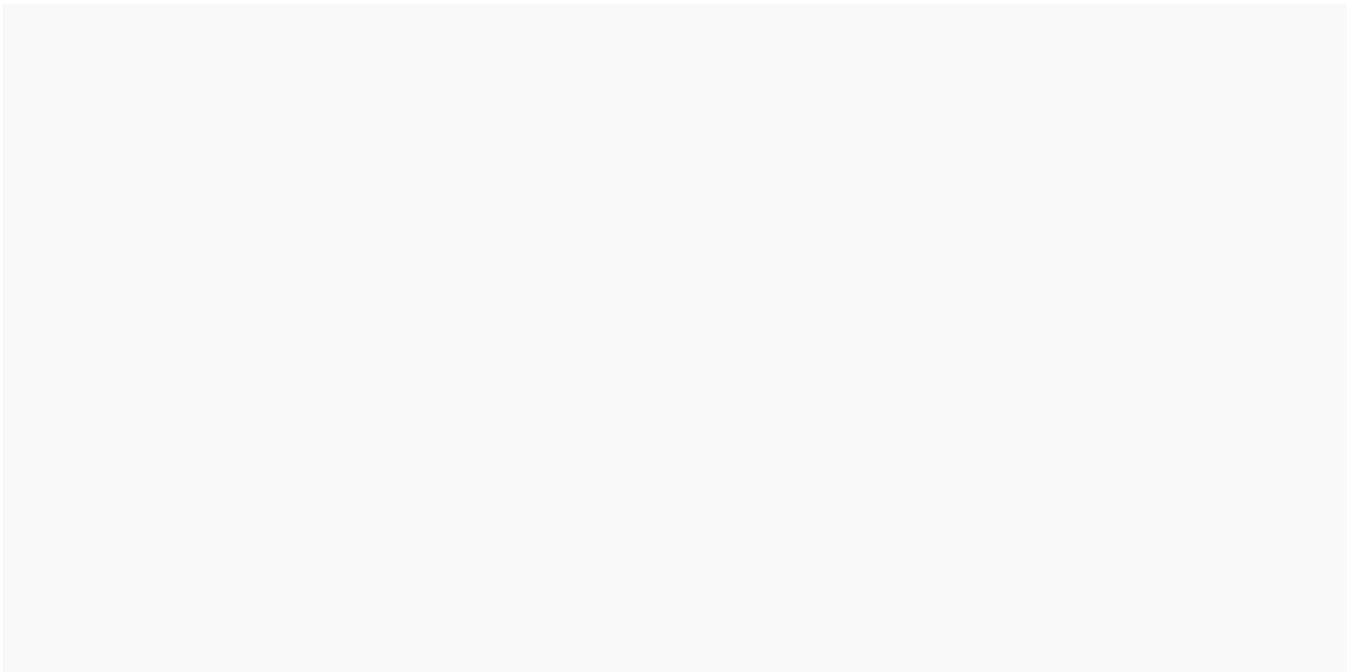
****note: often just acknowledging the freakouts and writing them down each day is enough****

FEELINGS

What feelings do I need to process and acknowledge?



What feelings do I need to cultivate more of?



****note: sit with BOTH of these for a few minutes each for best results****

FUTURE

What future am I creating?

What can I do today to act and live from that future NOW?

****note: the more real you can make this
feel now the more likely it is to show up****