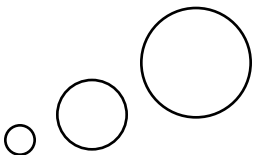
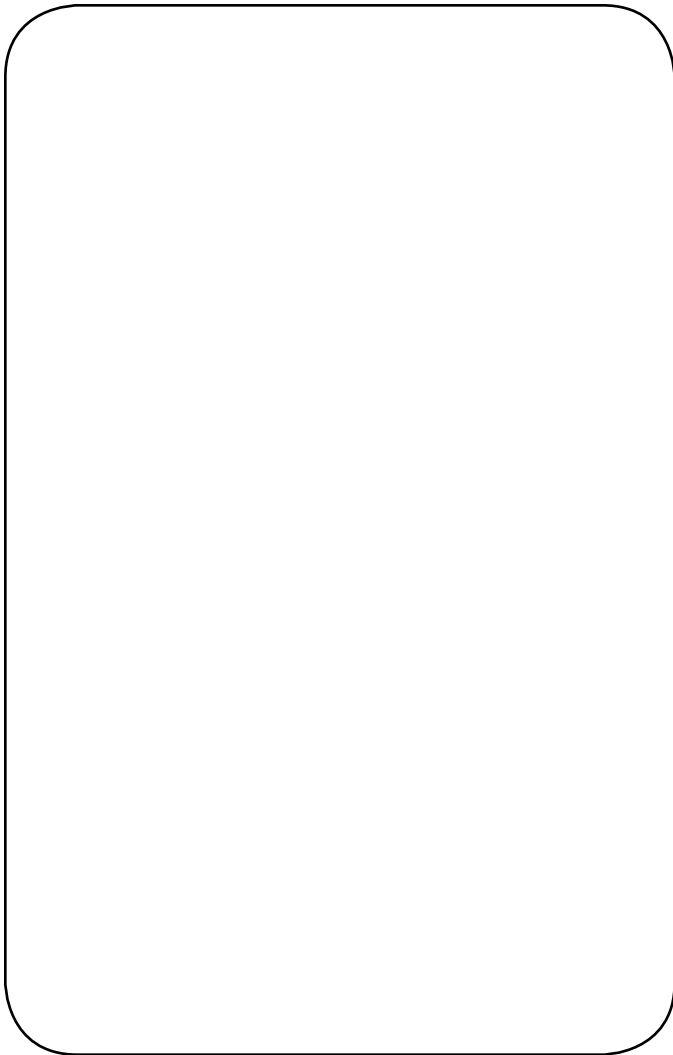


Mapping Out Your Thoughts

LEARN MORE BY LISTENING TO BEING BOSS EPISODE #25 WITH BROOKE CASTILLO – WWW.LOVEBEINGBOSS.COM
OR VISIT WWW.THELIFECOACHSCHOOL.COM FOR MORE FROM BROOKE CASTILLO

As soon as you begin to feel anything that is not desirable, you have to ask yourself, “I’m just feeling what I’m thinking, so what am I thinking?” First, sit down and have a “Thought Download.” Write down all the thoughts you’re having about the situation. Get them out of your mind and onto paper. Then pick one (or two!) of these thoughts and run in through the “Thought Model.”

THOUGHT DOWNLOAD:



1. *What does this thought feel like?*

2. *What does this thought cause me to do or not do?*

3. *When I do (or don't do) that thing, what is the result I get? (hint: this is the evidence/ manifestation of your thought)*

4. *Here is the thought I will think instead:*


BEING BOSS

A PODCAST for CREATIVE ENTREPRENEURS
with EMILY THOMPSON & KATHLEEN SHANNON