

THOUGHT PATTERN PLAYSHEET

You don't need to believe every thought!

Start here →



SEE

Get clear about your current thought pattern



THINK



FEEL



DO



RESULT



thank you, Lizard Brain for your concerns. Neocortex is taking over now. We got this!

Get curious: Who would you be if this thought was physically removed from your head, so you can never think it again?

Create a new thought pattern!



THINK



FEEL



DO



RESULT



BE

Get creative: What do you want to think instead?

