

Everyday I am worth it

If you are not satisfied with your results take time to map out different choices.

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I easily make better choices

Gratitude & Release

3 for the day

1

2

3

In what are of my life would I like different results?

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I easily make better choices

Step 1

- Write down the choice you are making
- The actions
- The thoughts that come with it
- Anyone else who is involved

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What Choice am I making, actions, thoughts, people?

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My new thought is...

Step 2

- Write down the reasons you continue to make the same choice
- 3-5 different actions you can take
- New thoughts to replace the old thoughts
- Decide if the other people involved will be helpful or hurtful in the new actions you are taking.

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For what reason do I keep making the same choice?

What are 3-5 different actions I can take?

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My new thought is...

Step 3

- Write down the reasons to make the new choice
- Pick ONE of the new actions to focus on
- Pick ONE new thought to focus on
- If the people will be hurtful decide how you will release them as you make changes. If they will be helpful decide how you'd like to invite them to be involved.

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The reasons I will make different choices in this area are...

The new action I will focus on is...

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My new thought is...

Step 4

- Pick the time you're going to start
- Prepare so everything is in place
- Write down your new thought and practice saying it.
- Decide how you will stay accountable
- If you are struggling to follow through try the mantra "different results different actions to motivate you into action"

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3 for the day

1

2

3

I will start making this new choice on...

I will do the following to maintain accountability to my new choice...
