

VISUALIZATION

Exercise 1

KEEPERS

What's working
for you?

What do you
like about
yourself? (List
AT LEAST 3 or
10 things!)

What are you currently
feeling successful or
happy about?

Write it down.

Read it out loud.

Take it in.

OWN IT .



TOSSERS

What's
NOT working
for you?

What things do
you wish
you could
improve?

What's getting in the way
of your ability to feel
successful? Patterns?
Behaviors? Thoughts?

Write it down.

Tear it to shreds.

Burn it.

RELEASE IT .

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