

Complete the grid below. Using the grid vertically, brainstorm column A, then complete column B and finally complete column C.

Column A Negative thoughts	Column B Opposite thought of Column A	Column C Proof / Evidence of Column B
I am not good enough	I am good enough	I hit my target for the last quarter.

If I could achieve this powerful goal - how would I think, feel and act?	What do I need to believe to achieve this powerful goal?	I know this belief is true & therefore a fact because....