



MY BELIEF ON THE TOPIC OF FOCUS:



Active

MY OLD BELIEF:

① Content old belief = What I have previously thought:

MY NEW BELIEF:

② This is how I want to feel:

③ This is what I want to perceive:

④ Statement = ② + ③:

⑤ Content new belief (Keywords) = What I want to think now:

⑥ My new belief = ④ + ⑤:

• Notes and keywords: