

# DEVELOP AND USE YOUR OWN AUTHORITY

1. WHAT ATTITUDE OR SELF-DEFEATING BEHAVIOR DO YOU WANT TO CHANGE ?

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2. WHAT FEARS WILL YOU HAVE IF YOU CONTINUE TO DO THE SAME THING ?

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3. WHAT WILL YOU HAVE TO DO TO CHANGE TO A NEW ATTITUDE / BEHAVIOR ?

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4. WHAT SUPPORT DO YOU HAVE FOR MAINTAINING THE OLD BEHAVIOR ?

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5. WHAT SUPPORT DO YOU HAVE FOR STARTING THE NEW BEHAVIOR ?

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6. WHAT WILL HAPPEN IF YOU CHANGE TO THE NEW BEHAVIOR.

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7. WHAT WILL YOU DO FOR THE FIRST STEP TO MAKE THE CHANGE ?

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OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.