

# I Am the Leader of My Life

## Thought Download

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Where do I see a pattern of my thoughts?

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Where is my greatest focus? \_\_\_\_\_

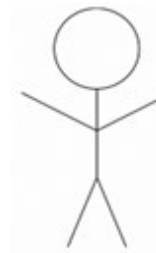
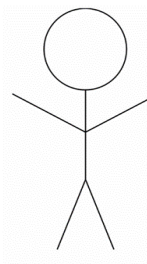
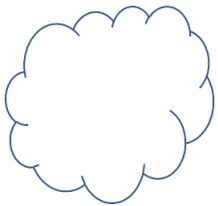
Situation \_\_\_\_\_

Thought \_\_\_\_\_

Feeling \_\_\_\_\_

Action \_\_\_\_\_

Result \_\_\_\_\_



What do I want to experience?

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