



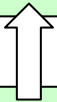
The Thinking Path

*Adapted from Alexander Caillet's work
(www.accompligroup.com)*

Instructions: *Answer the following questions according to how you feel today..... Current state and then complete the same questions for the results you'd like to achieve... your future state.....*

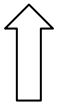
I achieve... I accomplish.... The outcome is..... The result is.....

Results



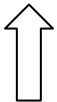
Actions

I act like.... I behave like..... I (verb).....



Feelings

I feel.... My emotions are..... My state of mind is.....



Thoughts

My thoughts are.... My beliefs are..... My reasoning is..... My assumptions are.....

