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Template

Episode: Your Birthday Week

The last 12 months (I was ___ years old)

The summary to hang at your mirror is on the last page.

A) Question one: **Things that are good for my live**

Write down 3-7 points from the last 12 months that are good for your live

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Things that are good for my live Point 1:

Why is it good for my life?

What's the positive consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are good for my live Point 2:

Why is it good for my life?

What's the positive consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are good for my live Point 3:

Why is it good for my life?

What's the positive consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are good for my live Point 4:

Why is it good for my life?

What's the positive consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are good for my live Point 5:

Why is it good for my life?

What's the positive consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are good for my live Point 6:

Why is it good for my life?

What's the positive consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are good for my live Point 7:

Why is it good for my life?

What's the positive consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



B) Question Tow: **Things that are NOT good for my live**

Write down 3-7 points from the last 12 months that are NOT good for your live



Things that are NOT good for my live Point 1:

Why is it NOT good for my life?

What's the negative consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are NOT good for my live Point 2:

Why is it NOT good for my life?

What's the negative consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are NOT good for my live Point 3:

Why is it NOT good for my life?

What's the negative consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are NOT good for my live Point 4:

Why is it NOT good for my life?

What's the negative consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are NOT good for my live Point 5:

Why is it NOT good for my life?

What's the negative consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are NOT good for my live Point 6:

Why is it NOT good for my life?

What's the negative consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



Things that are NOT good for my live Point 7:

Why is it NOT good for my life?

What's the negative consequence?

How have I felt about this in the last 12 months?

Do I want to continue with this in the next 12 months?



The next 12 months (I am now ____ years old)

The summary to hang at your mirror is on the last page.

A. Question : Things that I want to do because they are good for my live

Write down 3-7 points for the next 12 months, things you want to do



Things I do in the next 12 months Point 1:

Why is it good for my life?

What's the positive consequence?



Things I do in the next 12 months Point 2:

Why is it good for my life?

What's the positive consequence?



Things I do in the next 12 months Point 3:

Why is it good for my life?

What's the positive consequence?



Things I do in the next 12 months Point 4:

Why is it good for my life?

What's the positive consequence?



Things I do in the next 12 months Point 5:

Why is it good for my life?

What's the positive consequence?



Things I do in the next 12 months Point 6:

Why is it good for my life?

What's the positive consequence?



Things I do in the next 12 months Point 7:

Why is it good for my life?

What's the positive consequence?





Here is the summary for your mirror
Stick it in the Bathroom on your mirror or any
other good spot where you will see it and read it every morning

I am now ___ years old, and I will change my life to what I want it to be!

Things I want to do in the next 12 months (look what you wrote about the NEXT 12 months and copy the points to here)

- Point 1:
- Point 2:
- Point 3:
- Point 4:
- Point 5:
- Point 6:
- Point 7:

Thinks I don't want to do in the next 12 months (look what you wrote about your LAST 12 months and copy the points you wanna stop doing or/and add a new point to here)

- Point 1:
- Point 2:
- Point 3:
- Point 4:
- Point 5:
- Point 6:
- Point 7:

Repeat this every morning, read the points, in front of a mirror and look straight in your eyes.
Tell yourself you can do it. Read the points loud to yourself.

At the end of the reading tell yourself "I can do it ! I can do it! I can do it."