

## Catch it.

Practice Mindfulness so that when an action, thought, or feeling arises into your awareness, you notice it without judgment.

## Check it.

As you name it, ask if it is reasonable to act this way, think this way, or feel this way. Find the unreasonableness. Find the *Deep Belief* and the *Assumptions*. Be an archeologist to your own self.

## Change it.

Experiment with a new way of acting, thinking, and/or feeling. Make a conscious choice to be in effective control of your experiments with new actions, thoughts, and feelings.

Challenge those old core beliefs about your own self and your own life, and replace them with vibrant beliefs that inspire you to live with infinite love and gratitude.