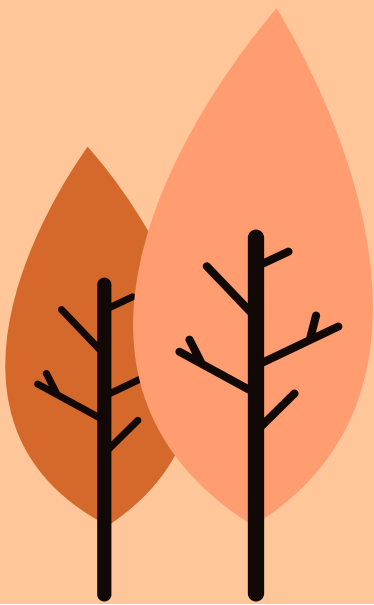




MY PURPOSE *Planner*



NAME:



THE THOUGHT CHANGE MODEL

C ircumstance

T hought

F eelings

A ction

R esults

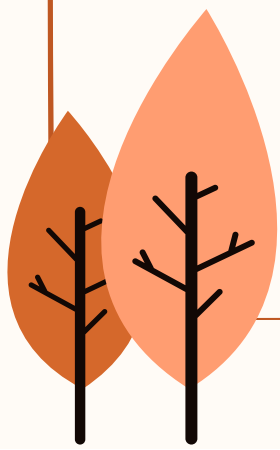




MY NOTES

**My Life Will
Be Ideal When**

My 6 yr old self
loved to...



Lined writing area consisting of 20 horizontal lines for notes.



NOTES TO MY
NEW SELF

Lined writing area with horizontal lines in two columns.

