

# Create & Embody the New Thought



Always coach the WHAT  
based on the WHO

Leverage levels of learning

- Mental
- Emotional
- Spiritual
- Body-based

# 5 Steps to Re-Wire Negative Thought Patterns

# Step One: Identify the Negative Thought



**Q:** What's the belief that's holding you back right now?

**Q:** What's the belief underneath the fear you are experiencing?

# Step Two: Explore the Negative Thought



**In-Class  
Experiential**

# Final Steps



## Step Three: Consciously Choose a New Thought



## Step Four: What's the Higher Wisdom?

- What's a more helpful belief here?
- What does your highest wisdom want you to know about this?



## Step Five: Create the New Neural Pathway

- Create the new neural pathway by thinking the new thought, feeling the new feeling, and taking new actions
- Hint: it's helpful to pair inner work with outer action steps

# Five Steps to Re-Wire Negative Thought Patterns

1. Identify the Negative Thought
2. Explore the Negative Thought
3. Consciously Choose a New Thought
4. Connect with Higher Wisdom
5. Create the New Neural Pathway