



CREATE Program

Step 3 – Current Story

Do you have a clear vision of where you are going? If you don't go back over step 1 until you can clearly articulate it.

Sometimes throughout the day, you are easily distracted and are not following through on living this vision. Why is that? It's because you've chosen to live in your 'past conditioning' – your beliefs, values, thoughts, feelings, and as a result your actions are no longer aligned to your new vision.

Awareness is the first step to change.

1. What is the 'story' you are choosing to run through your mind that is keeping you 'stuck' in the past?

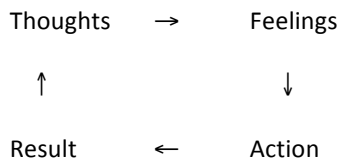
2. What are you **believing** to be true? Remember that a belief is only a perception about your reality.

3. What are you valuing when you live out your 'past conditioning'?

4. What are you thinking and feeling?

5. As you refer back to your answers for the past 4 questions, what actions have you taken as a result? E.g. procrastination, put others' dreams, demands, goals before your own etc.

6. What is the RESULT of your thoughts, feelings and action?



Become aware of your thoughts throughout the day and how they impact on your feelings, the action you take and the result you get. Do you have some common thoughts throughout the day? If you're not happy with the RESULT you're getting say to yourself 'I choose again', and then choose a different thought, resulting in a different feeling, action and result.

I encourage you to keep a journal of your daily thoughts, feelings, actions and results. You can also jot down any common themes here.
