
Oh, Behave!

"Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

- William James

"Accept complete responsibility for everything you are and everything you will ever be."

- Brian Tracey, *Focal Point*

"A man's weakness and strength, purity and impurity, are his own, and not another man's; they are brought about by himself, and not by another; and they can only be altered by himself, never by another."

-James Allen, *As a Man Thinketh*

"It can be helpful to remind ourselves that we really can choose what we believe and what we think, and to recognize that what we choose determines what we experience."

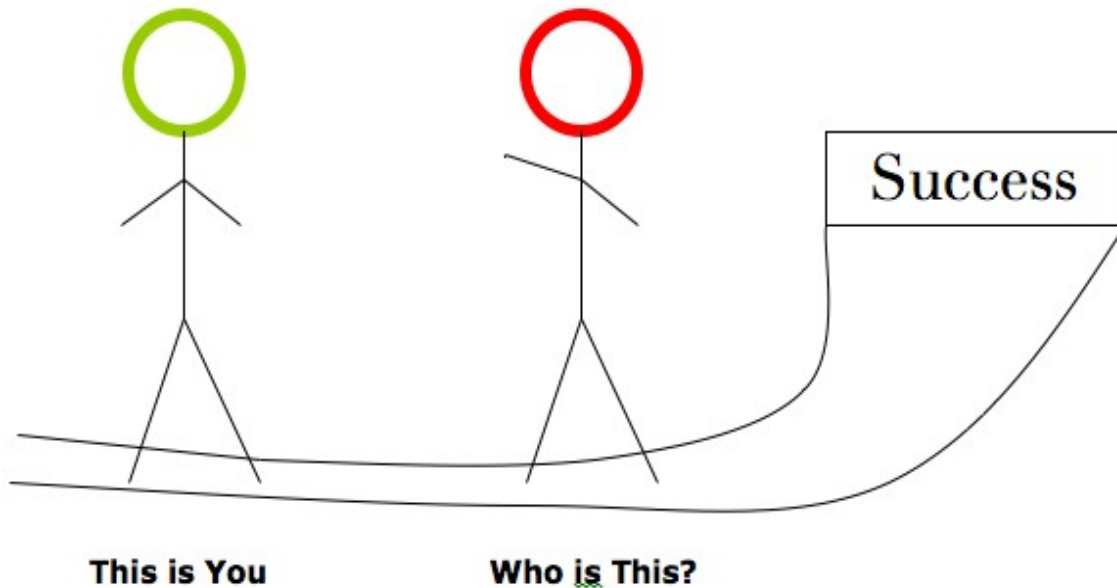
- Gerald G. Jampolskey, M.D. and Diane V Cirincione,
Change Your Mind; Change your Life

"OH, BEHAVE!"

-Austin Powers



Overcoming Your Mental Hurdles



On the road to success, our biggest mental hurdle we need to pass is **ourselves!** How are your negative thoughts and old behavioral patterns stopping you from moving towards success?

Make a list of all the negative self talk you tell yourself on the left. Then, on the right, make a new empowering statement!

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Behavioral Choice #1



Behavioral Choice #2



Future Goals

TASK	TO DO	DONE
30 Day	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
60 Day	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
90 Day	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
1 Year	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
3 Year	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>
5 Year	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>