

*T. Harveker's*

# DON'T BELIEVE A THOUGHT YOU THINK

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**Life's Greatest Secret:** You are not your \_\_\_\_\_.

**First Element of Change:** \_\_\_\_\_

**Second Element of Change:** \_\_\_\_\_

Nothing is \_\_\_\_\_ until you make it  
\_\_\_\_\_, and then it becomes  
\_\_\_\_\_.

Reality is \_\_\_\_\_.

Socrates said the secret to life is to

“ \_\_\_\_\_ ”.

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The storage cabinet you call your mind and what's  
in it is \_\_\_\_\_ who you are. It's who you  
\_\_\_\_\_ to be.

If you are listening to the voice in your head you  
are listening to a \_\_\_\_\_ of information  
coming from people who may not have done all  
that well themselves.

You have a \_\_\_\_\_ as to whether you want to  
\_\_\_\_\_ that voice and more importantly, want to  
\_\_\_\_\_ based on it or not.

Your mind is a \_\_\_\_\_ mechanism.

The mind's main job is \_\_\_\_\_.

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Your mind is based in problems and \_\_\_\_\_ in all it's forms: including \_\_\_\_\_, doubt, \_\_\_\_\_ and all anxiety.

Consciousness is living from \_\_\_\_\_ in the present versus \_\_\_\_\_ and \_\_\_\_\_ from the past.

**The 4 Magic Words:** \_\_\_\_\_

As soon as you hear the voice in your head say anything negative or fear based or not supportive, you simply say, \_\_\_\_\_ and you choose a new more \_\_\_\_\_ thought to replace it with.

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## 3 Laws Of Thought:

1. You have the ability to \_\_\_\_\_ your thoughts.
2. You have the ability to \_\_\_\_\_ any thought from your mind.
3. You have the ability to \_\_\_\_\_ any thought into your mind.

Your greatest power is your ability to \_\_\_\_\_ your own thoughts.

Buddha said, "To conquer \_\_\_\_\_ is a greater task than to conquer \_\_\_\_\_."

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**NOTES**

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