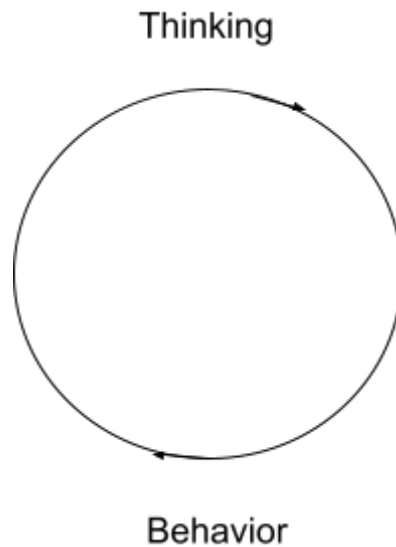
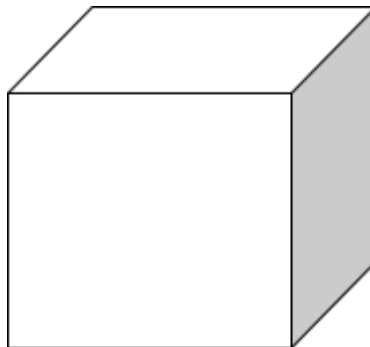


Behavior and Thoughts are Reciprocal



Behavior and thoughts are reciprocal, which means that our behavior confirms our own thoughts and our thoughts confirm our behavior. In a sense, we are imprisoned in our own ways of thinking and behaving. If you imagine your thoughts and actions as things coming from a certain place and you were to ask what this place is built upon, you would realize that it is built upon those very same thoughts and actions. So by thinking and acting you are confirming the very basis of your thoughts and actions. We exist in a space that we create ourselves.



Thoughts and behavior create a space we exist in.

Key Takeaways:

- Your behavior confirms your thoughts and your thoughts confirm your behavior
- Thoughts and behavior create a space we exist in.