PATH

Developing Considerations

Assignment

Create your first consideration. Just like we did with our negative thoughts, now we're going to take your positive thoughts and put energy to them.

Step One: Select a positive thought

"What if today/now...

Step Two: Write Out What Pictures/Visuals You Imagine?

Step Three: What emotions would you have if this consideration was true?

Step Four: Notice what's happening in your body. Your breathing, body tightness, posture, etc.