



JUST NOTICE for ONE DAY

Whatever you've got on repeat becomes your reality.

What we look at every day, our thoughts, what we read, listen to, talk about, ultimately what we tell ourselves. It all impacts in how we live.

Take stock of what you've got on auto-loop and upgrade anything that's NOT supporting your quest for being your best.

WHAT YOU GOT PLAYING ON AUTO- LOOP?

Pay attention to what comes out your mouth when you talk to others.

Are you on a **BMW loop**? (*Bitching, Moaning or Whining*)

What are the thoughts that go through your head when you look in the mirror at yourself?
How do the books you read, the TV you choose to watch, the people you hang out with make you truly feel?

WRITE DOWN

MY 5 beliefs -complaints-habits that are a constant misery-spoiler in my life

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

Now write down specific ways in which you will immediately upgrade each