

Step 1: Self-Awareness

- What behavior or pattern do I want to change? Focus on ONE. I.e - "I want to be less emotionally reactive"

- Write affirmations or statements that will help you achieve this. Let these flow naturally. Do not overthink them. I.e. "I AM peace," "I find peace in daily situations," "I am able to view my emotions rather than react to them"

- Write how you will be able to practice these new behaviors in daily life. I.e - "I will find gratitude during my work day," "I will find new ways to find peace around my family"
