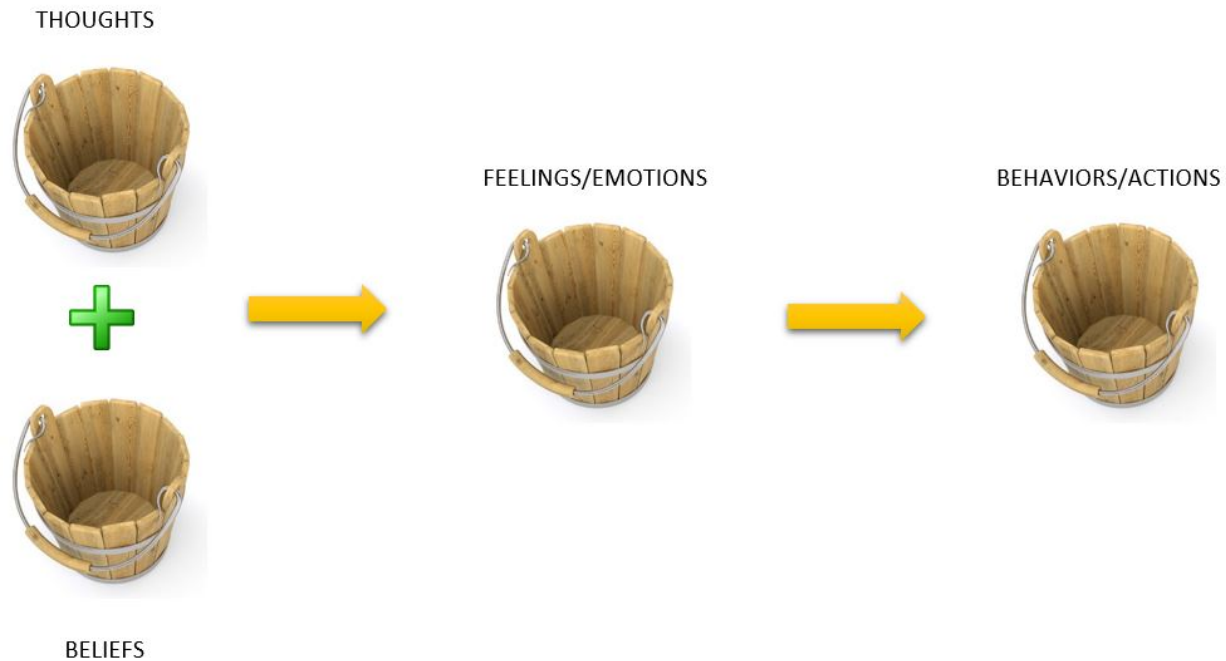


WHAT YOU PUT INSIDE YOUR BUCKETS MATTERS: You will have to be carrying these around wherever you go...

Beliefs and Thoughts Generate Emotions of the SAME Type as these Beliefs and Thoughts.

The energy of these Emotions, in turn, will compel us to take Actions and engage in Behaviors of the SAME Type as these Emotions.



1. Is what I believe helping me to reach my goal? Is it serving me? Is it serving others?
2. Is there a cost or toll to maintaining my belief?
3. Is your belief or thought keeping you from taking action? Is it shutting you down?
4. How would things be if I did not believe or that belief or did not allow for that thought to stay?