

1. Practice positive thinking and remove all negative thoughts. Remind yourself you CAN do it! Write down your positive thoughts throughout the week and view them often. (Worksheet 1)
2. Write down your negative thoughts as well. At the end of the week rip those thoughts up and throw them away. (Worksheet 2)  
**Challenge:** Instead of ripping the entire paper, try ripping each thought off one at a time and telling yourself why you were wrong.
3. Keep your goals updated daily and in view. Remember, those who fail to plan, plan to fail. Break down the barriers and don't be afraid of failure. Even the best of people fail many times before they succeed.
4. Keep following the Club Reduce Eating and Healthy Living Guidelines.
5. Listen to this week's Self Mastery Technology free download.

## WORKSHEET 1

Write down all of the positive thoughts you have during the week.

Also write down positive, personal affirmations.

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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## WORKSHEET 2

Write down all of your negative thoughts, doubts, and fears during the week.  
At the end of the week rip this piece of paper up and throw it away.

Day 1

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Day 2

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Day 3

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Day 4

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Day 5

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Day 6

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Day 7

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## My Goals for the Week

<u>Goal</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>
Weight							
Exercise							
Eating							
Emotions							
Supplements							
Other							
Other							
Other							