

- Are you noticing low-frequency-energy? AKA negative emotion
- Then you are operating from a core-belief/a charged-thought.
- Identify what the thought/belief is (i.e., I am not enough).

- Then answer the following questions:

The Four Questions (so you can go from victim-conscious to reality-conscious)

1. Is it true? Yes or no? If yes, skip to question 3.
2. Can you absolutely know that it's true? Yes or no?
3. How do you react? What happens when you believe that thought/belief?
4. Who would you be without that thought/belief?

- Turnarounds: Could the opposite be as true? (There may actually be several opposites, or turnarounds, to the original thought.) Just make sure you answer this part genuinely. Find three examples at a minimum.
- Lastly, you now have the choice to act in alignment with what you'd like to choose. Alignment with your values/vision for your life. This is the APPROPRIATE time to use positivity/affirmations (i.e., use positive emotion for your future in order to create).