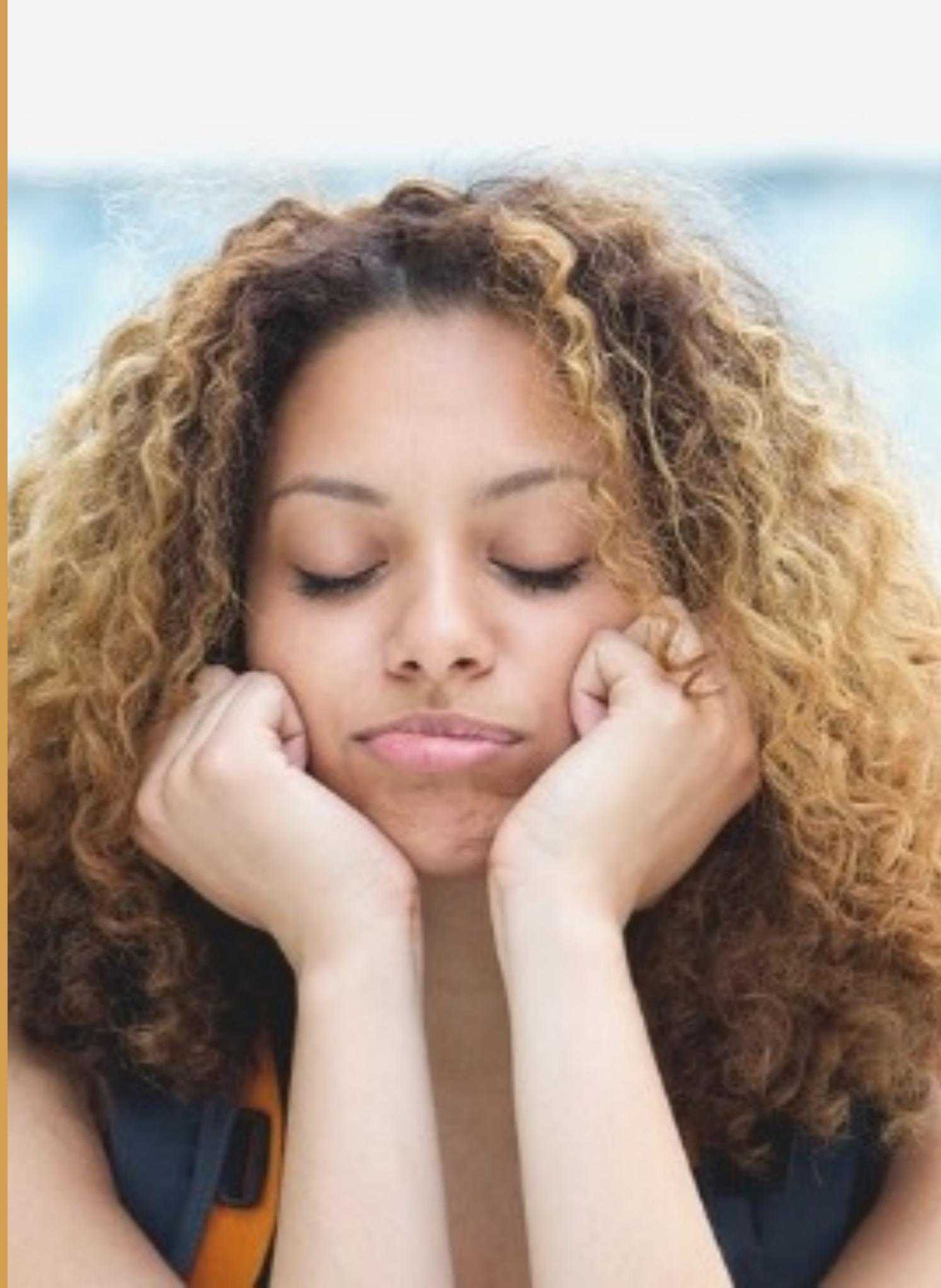


# 3 SUCKY THOUGHTS THAT KEEP YOU STUCK

(AND HOW TO  
GET UNSTUCK)

A BON FAIRE PUBLICATION



# Exercise: Unintentional vs. Intentional Thinking

## Unintentional Thinking

Circumstance:

Thoughts:

Feelings:

Actions:

Result:

## Intentional Thinking

Circumstance:

Thoughts:

Feelings:

Actions:

Result:

# Stop and Switch List

## STOP These Thoughts

I am not good enough.

I am not as smart as (so and so).

I am not as pretty as (so and so).

I am not as wealthy as (so and so).

I don't have time.

I don't have money.

I don't have resources.



## SWITCH To These Thoughts

I am good at (writing, designing, math, science, making friends, finding deals, etc.)

I am good at (writing, designing, math, science, making friends, finding deals, etc.)

I have great (eyes, hair, teeth, legs, etc.)

I have enough money to (take vacations, own a home, buy a care, buy cute shoes, go out to eat, etc.)

I will prioritize (whatever) because it's important to me now

I'll save for (whatever) OR I can earn money by (getting a new job, starting a business, selling art, charging people for a service I can provide, etc.)

I'm smart enough to figure out how to do (whatever), get (whatever) OR I can ask someone to help me.

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Isn't it time to try  
something different?



GOT A MISSION  
OR A MESSAGE?  
THEN

STUCK IN A  
CYCLE OF SUCKY  
THOUGHTS?

**3 SUCKY THOUGHTS THAT  
KEEP YOU STUCK (AND HOW  
TO GET UNSTUCK)**

## If You Enjoyed This Free Master Class

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- In-depth guidance on how to vanquish sucky thoughts.
- A workbook with exercises you can practice to keep those thoughts away for good.
- Video and audio files to choose how you want to consume course content.
- LIVE Q&A on Facebook Wednesdays 1:00 PM to 2:00 PM.
- A 15% discount off enrollment but you must enroll by October 31, 2018 (CODE: GETUNSTUCK).

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