



TURN YOUR BOOKS INTO ACTION

- #1. Set Your Intention
- #2. Take It SLOW
- #3. Put It Down
- #4. Sit With It
- #5. Look For Triggers
- #6. Check In With Your Feelings
- #7. In What Other Situations Have You Felt This Way?
- #8. Identify The Belief
- #9. Change Your Response
- #10. Repeat!

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