



The complete table will reveal beliefs you have about yourself that may be limiting your present or 'miracle question' (where you imagine, overnight, your problem has been solved and describe what is different) behavior.

Now go through and rewrite each (I should) statement below as *I could...*

"I could..."

By creating a new list, you have a set of affirmations that you can use to turn the answers from your miracle question into reality.

These points target those things in your life that require focus.

Dr. Jeremy Sutton