

# CHECKLIST FOR THE POSITIVE THINKING PROCESS

When you begin a project or engage in self-improvement, follow these steps to tap in to the power of positive thinking.

- ❑ Banish negative thoughts from your mind.
- ❑ Decide to accomplish your goal.
- ❑ Formulate a set of positive thoughts revolving around your goal.
- ❑ Develop a step-by-step plan to reach your goal.
- ❑ Keep a journal of your thoughts and your progress.
- ❑ Practice getting out of your own way.
- ❑ Be flexible and prepared to start over in the event of setbacks.
- ❑ Visualize yourself achieving your goal.
- ❑ Maintain a positive attitude toward your goal.
- ❑ Do not allow the opinions of others to deter you from your path.
- ❑ Engage in daily self-confidence exercises to keep your goal fresh.
- ❑ Be yourself, behave, and be happy.
- ❑ Recognize when you have reached your goal and enjoy your success.
- ❑ Reflect on the path that has brought you to your goal.
- ❑ Record your reactions and feedback for future reference.



**Motivation**  
Gets You Started  
**Habit**  
Keeps You Going

Building The Life You Deserve...

