



The Women Masters Coaching Program

Worksheet #1

Three Destructive Recurring Thoughts:

- 1)
- 2)
- 3)

Transform them into Three Creative Thoughts:

- 1)
- 2)
- 3)

Create your Top 3 goals as gratitude statements. I am so grateful that....

- 1)
- 2)
- 3)

Homework: Repeat your gratitude statements daily. **Power Partner:**

"Change your beliefs about happiness as the end goal. Happiness is a way of living."
-Peggy McColl, Author of The Won Thing