



## **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**