

TOPIC: COMPARISON-ITIS



- What is the single most recurring thought I have when I think about another actor's success?
- When I think this disempowering thought I notice this in my body...
- Having this disempowering thought keeps me from being/feeling/having...
- What are three empowering thoughts that are the opposite of that one disempowering, recurring thought?
- If I were to turn those three empowering thoughts into "What if..." questions, they would be:
- When I think these empowering thoughts I notice this in my body...
- Choosing these empowering thoughts allow me to be/feel/have...