



■ *Our values and beliefs shape our thoughts --->
our thoughts shape our feelings and emotions --->
our feelings and emotions shape our decisions --->
our decisions shape our actions --->
our actions shape our experience, our reality...our
destiny*

Remember that you can step in AT ANY POINT to affect change in your reality, in how you experience life, and in how you shape your destiny. Values, beliefs, and emotions are harder to change, although not impossible. When in doubt about where to go, look at where you can change your thoughts or actions, as these are easier to access and affect change with.