

# How Thoughts Drive Results

## Worksheets

|              |   |                              |
|--------------|---|------------------------------|
| CIRCUMSTANCE | : | a provable fact              |
| THOUGHT      | : | a sentence in your mind      |
| FEELING      | : | an emotion                   |
| ACTION       | : | a behavior                   |
| RESULT       | : | the outcome of YOUR behavior |

---

What is the fact? (Circumstance)

---

What do I make that fact mean? (Thought)

---

How do I feel when I think this thought? (Feeling)

---

What do I do when I feel this way? (Action)

---

What are my results when I take this action? (Result)

---