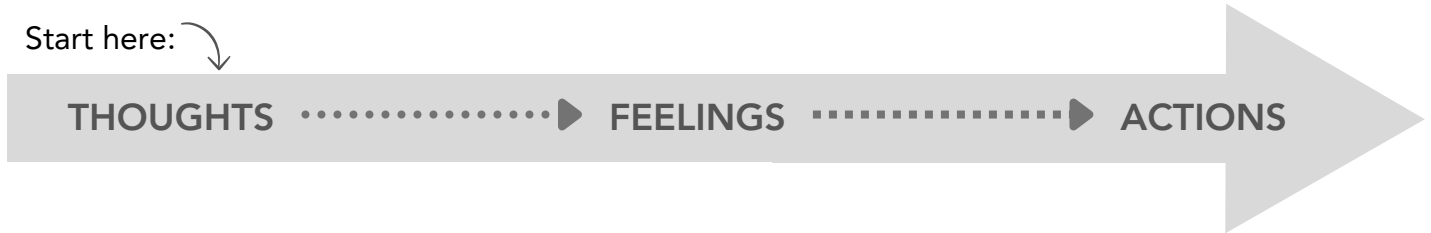# Patterns of Behavior

Path 1: Start by modeling this out with your old patterns. Begin with your thoughts.

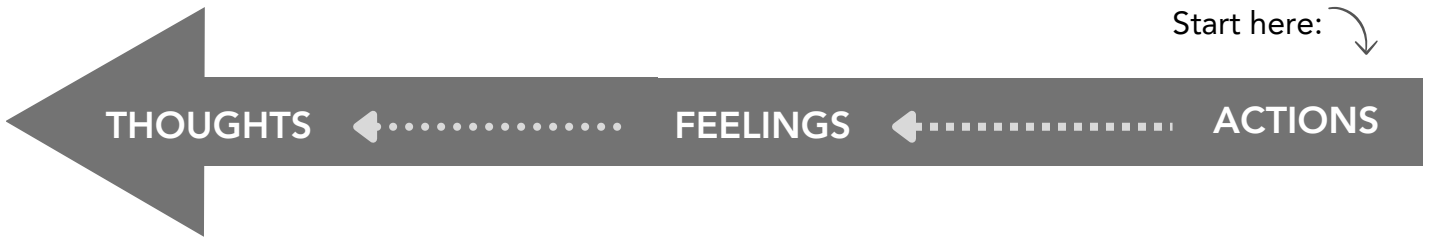Start here:

THOUGHTS ········▶ FEELINGS ········▶ ACTIONS

Thoughts I have:

_____
_____
_____
_____
_____

Feelings I have:

_____
_____
_____
_____
_____

Actions I take/Behavior

_____
_____
_____
_____
_____

Path 2: Now, flip it, and start with Action!

Start here:

THOUGHTS ◀········ FEELINGS ◀········ ACTIONS

Thoughts I have:

_____
_____
_____
_____

Feelings I have:

_____
_____
_____
_____

Actions I take/Behavior

_____
_____
_____
_____