

ACTION PLAN WEEK 4

This week's focus is on **OBSERVING & IMPROVING** your thoughts and thinking patterns, rather than being a victim to your mind. What you **THINK** shapes your reality, your beliefs, and your behaviors, so being able to be conscious of your thoughts and improve those patterns that no longer serve you is essential to reaching your goals. Dedicate 30 minutes a day (or more) to complete a worksheet, tapping process or meditation. **Tip:** The areas in blue are suggestions of when to complete each item.

	MON	TUE	WED	THU	FRI	SAT	SUN
Read and review The Power of Thought handout.							
Read and complete Upgrade Your Thinking Errors to practice becoming aware of your thinking errors and how to change them. Practice ACTS this week as much as you can (explained in handout).							
Complete the Guided Meditation_ Mindfulness of Thoughts							
Complete Overcome Beliefs Blocking Goals and then tap on your old and new beliefs to upgrade your thinking.							
Practice Tapping Script/Audio_ Thinking Errors .							
Practice any other tapping scripts/audios as needed based on what comes up for you.							
Complete the Week 3_Journal Prompts & Self Reflection							