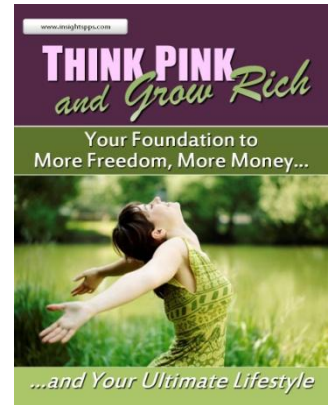


THINK PINK AND GROW RICH

Coaching Program



“Post this page on your wall next to your phone or computer so you won’t forget to call in.”

There will be two training calls and one Q&A call per month.

~~Training call - Tuesday, March 6~~
~~Training call - Tuesday, March 20~~
~~Q&A call - Thursday, March 22~~

~~Training call - Tuesday, April 3~~
~~Training call - Tuesday, April 17~~
~~Q&A call - Thursday, April 19~~

Training call - Tuesday, May 1

Training call - Tuesday, May 15
Q&A call - Thursday, May 17

Training call - Tuesday, May 29
Training call - Tuesday, June 12
Q&A call - Thursday, June 14

Training call - Tuesday, June 26
Training call - Tuesday, July 10
Q&A call - Thursday, July 12

Training call - Tuesday, July 24
Training call - Tuesday, August 7
Q&A call - Thursday, August 9

TIME: ALL CALLS ARE AT 8pm EST (7pm CST, 6pm MST, 5pm PST)

CALL-IN #: (559) 546-1000

ACCESS CODE: 107541#

CALL 5 WORKSHEET

FREEDOM THROUGH "THE WORK"*

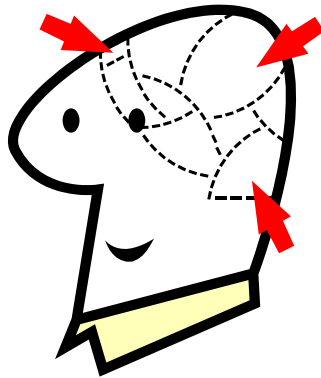
1) "We see the world not as it is, but as _____" ~ Talmud

2) "The Work" is a process that allows us to examine the T _____,

B _____ and J _____ that hurt us.

3) As long as you think the cause of your problems is " _____" – as long as you think that _____ or _____ else is responsible for your suffering – the situation is hopeless. It means you are forever in the role of the _____.

4)



*Borrowed with permission from "Loving What Is" by Byron Katie

5) Pick a person who has been causing you stress. Write their name here and why they are causing you stress.

"I don't like _____ (or I am angry at, or I am confused by, or I am saddened by, etc.) because _____."

6) Now we will do "The Work" on your statement above.

1. Is it _____?
2. Is it absolutely _____?
3. How do you _____ when you think this _____?

4. How would you _____ if you couldn't think that _____?

Two Turnaround statements:

- A) Opposite of original statement.
 - a. Which is truer?

- B) Replace "they" or "he/she" with "I".
 - a. Which is truer?

7) *"My prospects think I'm _____."*

1. Is it true?
2. Is it absolutely true?
3. How do you behave when you think this thought?

4. How would you behave if you couldn't think that thought?

Two Turnaround statements:

- A) Opposite of original statement.
 - a. Which is truer?

- B) Replace "my prospects" or "they" with "I".
 - a. Which is truer?

"Everyone is a mirror image
of yourself - your own
thinking coming back at you."
~Byron Katie

8) How to change _____ beliefs.

