

Client Worksheet

My Three-Act Day: Affirm, Connect, and Trust

Changing old patterns and self-defeating behaviors requires repetition and reminders. For example, perhaps you are working on affirming the story that you are lovable. Use this worksheet as a daily reminder to *affirm* your new storyline, *connect* to how it feels in your body, and *trust* that over time your body memory will become familiar with the new story and develop it as truth. Do this first thing in the morning, midday, and before you go to bed each night for at least a week. Check each box when you have completed it.

My 3 Acts:	AM Affirmation	AM Connect	AM Trust	Noon Affirmation	Noon Connect	Noon Trust	PM Affirmation	PM Connect	PM Trust
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

Write your affirmation here: _____
