

# LIVE THE CHANGE ATTENTION SHIFTING IN ACTION!

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When I am in overwhelm where is my attention?

When I am in overwhelm where could I place my attention?

When I feel hopeless where is my attention?

When I feel hopeless where could I place my attention?

When I feel trapped and like I have no choice where is my attention?

When I feel trapped and like I have no choice where could I place my attention?

When I feel like a failure where is my attention?

When I feel like a failure where could I place my attention?