

[Type here]

the **BOLD** MOMS  
be STRONG ✦ be HAPPY ✦ be **BOLD** ✦ be YOU  
**THOUGHT DOWNLOAD**

*You have a **THOUGHT** about the **CIRCUMSTANCES** -> that **THOUGHT** drives your **FEELINGS** ->  
which drives your **ACTIONS** -> which determine your **RESULTS***

**CIRCUMSTANCES:** (Neutral statements, things that happen outside of our control ex: our past)

**THOUGHTS:** (Sentences in our minds, includes judgments & descriptors. You have thoughts about your circumstances)

**FEELINGS:** (One-word descriptor ex: happy, sad, anxious, excited, etc. Your thoughts drive your feelings.)

**ACTIONS:** (What you do based on how you feel. Action, inaction or reaction)

**RESULTS:** (Your actions create results)

[Type here]

the **BOLD** MOMS  
be STRONG ✨ be HAPPY ✨ be **BOLD** ✨ be YOU  
**NEW THOUGHT CREATION**

*YOU have the power to create a NEW THOUGHT about the CIRCUMSTANCES -> that NEW THOUGHT drives DIFFERENT FEELINGS -> which drives NEW ACTIONS -> which determine DIFFERENT RESULTS*

**CIRCUMSTANCES:** (Neutral statements, things that happen outside of our control THESE DON'T CHANGE)

**THOUGHTS:** (Change the thought sentence, use modifiers to soften or phrases to help shift your thinking)

*Use phrases such as: "and that's ok" at the end, or "I'm thinking the thought" or "I'm open to the idea" or "It's possible that" in front of new thoughts*

**FEELINGS:** (One-word descriptor ex: happy, sad, anxious, excited, etc. The NEW thought above drives NEW feelings.)

**ACTIONS:** (What you do based on how you feel. Action, inaction or reaction. What NEW action comes about?)

**RESULTS:** (Your actions create results. What NEW results happen due to your NEW thought, NEW feeling and NEW action?)