

## KEEP\_ MOVING

Combine together NEW\_MOVE AND MOVE\_NOW for acceptance and inner and outer change

### 1 – WHAT HAPPENED?

(Keep this short and to the point)

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### 2 – WHAT DID I DO IN RESPONSE?

(What action did or didn't take OR would I like to take?)

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### 3 – WHY DID I DO WHAT I DID?

(What thought motivated my response)

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### 4 – WHY DO I THINK THIS?

(Why do I think the above? It doesn't have to be rational or mature)

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### 5 – WHAT DO I FEAR?

(What did I fear at the time OR what did I fear would happen?)

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### 6 – WHAT DO I BELIEVE THAT CAUSED ME TO DO WHAT I DID?

(Referring to question 2 – what did I believe at the time that made me do what I did?)

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### 7 – WHAT NEW THOUGHT WOULD I LIKE TO BELIEVE?

(If the previous belief isn't serving me well I create a new one)

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## EMBRACE

I am willing to embrace the awareness;

**I AM UNCOMFORTABLE WITH**

(The belief that I discovered in question 6)

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## STRETCH

Am I'm willing to stretch my truth,

**WHETHER OR NOT I ACCEPT THE BELIEF THAT MAKES ME FEEL  
UNCOMFORTABLE, IS IT STILL TRUE?**

If, 'Yes it is.

## SOAR

Am I willing to soar beyond what I am currently doing or experiencing?

If, 'Yes I am.'

**WHAT CAN I DO TO LOVE AND LOOK AFTER MYSELF**

(What can I DO that would be loving and kind toward myself)

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TIP: I write a list of the things I was DOING that come from the belief  
– Answered in question 6 –  
And write a list of doing the exact opposite :)