



THERESA'S THOUGHT REPLACEMENT TOOLKIT

International
Christian Mompreneur
Network™

Mompreneur Mastery Program

When I see or think about:	The thought that comes to mind is:	This thought makes me feel:	Which causes me to take this action	I choose to replace that thought with:	So now I feel:	And I can take the following action:
My friend who is a stay-a-home mom.	Her life is easier.	Like a victim.	Not find joy in my work.	I'm blessed to have a career that enables me to share my gifts with others.	Confident.	Be joyful in doing the work I am called to do.