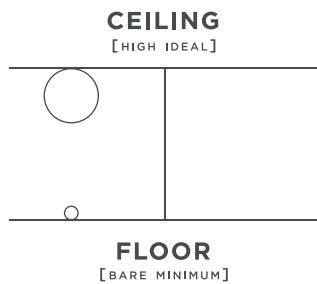


FLOORS & CEILINGS

CREATION TOOL	IDENTIFY FUTURE SELF BEHAVIORS [SEE #4 FROM FUTURE SELF WORKSHEET]
 FLOORS & CEILINGS	CREATE FLOOR + CEILING FOR EACH FUTURE SELF BEHAVIOR



CREATING A FLOOR



LESS THAN 1 MIN. to do
[THINK SMALL THAN GO SMALLER]



SMALL VERSION of larger behavior
[ONE MINUTE MEDITATION]



STARTER STEP of larger behavior
[THREE DEEP BREATHES]

BEHAVIOR	
	CEILING:
	FLOOR:
	CEILING:
	FLOOR:
	CEILING:
	FLOOR:
	CEILING:
	FLOOR:



THE MAGIC PENNY

“By SMALL & SIMPLE things are GREAT THINGS brought to pass.”

- ALMA 37:6

