

CIRCUMSTANCE
THOUGHTS
FEELINGS
ACTION
RESULTS

You have a CIRCUMSTANCE which is inherently neutral.

From a CIRCUMSTANCE, you have THOUGHTS, sentences created by your mind in response to that circumstance.

Your THOUGHTS are based on, or elicit FEELINGS - one-word emotions like: fear, rage, joy.

Based on your thoughts and feelings, you take ACTION, (and inaction can fall under action as well!).

From which you get RESULTS. Your results create the life you have today and create your future life.

You can play with this loop as much as you want. For example, think about what feelings you want to have, what actions you would need for those feelings to happen, and backtrack to change the thoughts in response to a circumstance.

Or, you could examine a usual thought you would have in response to a circumstance, and track what feelings, actions, and results it leads to. Then think about what those would be if the thought was different. Try it yourself:

What is the CIRCUMSTANCE:

What are my THOUGHTS:

What are my FEELINGS:

What is the ACTION I take:

What RESULTS do I achieve: