

# *THINK IT THROUGH*



**THURSDAY**



Use the cognitive behavioral model  
for a healthier outlook

1. Most of your thoughts are spontaneous and are influenced by what makes you, you.
2. Your thoughts may cause an actual feeling in your body.
3. You behave based on how you feel.

If you want to change the way you behave, change your thought. You will get a different experience.

The new thought. You have to believe it.  
Think It Through. You have so many choices.  
You have the power to think on purpose

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