



### Exercise 3: Lesson One - Anatomy of change

1. Use the lines below to list at least 20 things in your life that are annoying or dissatisfying to you.

[illegible]

2. On the lines below, make a list of what beliefs you may have that are associated with each of the above things you have listed.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



3. Select one of the constricting beliefs that you listed above and closing your eyes, determine what you experience through each of your senses, answering the following questions:

Where do you feel it in your body? (Describe in detail) \_\_\_\_\_

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What sounds do you hear? \_\_\_\_\_

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What pictures do you see? \_\_\_\_\_

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What do you smell? taste? or other sensations or experiences do you feel? \_\_\_\_\_

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Now take each of those sensations and alter what you feel - hear - see - smell - taste by changing the feel, tone, loudness, size, color, brightness, etc. Make notes in a journal or notebook as to what you experienced with each change.



4. Select one of the positive, empowering beliefs that you listed above and make the same sense determinations as you did above. Make a note in your Discovery Journal of what you learned.

What do you feel? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Where do you feel it in your body? (Describe in detail) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do you smell? taste? or other sensations or experiences do you feel?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now take each of those sensations and alter what you feel - hear - see - smell - taste by changing the feel, tone, loudness, size, color, brightness, etc. Write out what you experience with each change.  
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