

## Converting from C.B.B. to I.C.B.B



As you are about to carry out your chosen “*mission*,” actively focus on the thoughts that are going through your mind.

Are any of them C.B.B. thoughts? Are they trying to discourage you, persuading you to give up on or delay completing your goal?

Rewrite 3 of the *C.B.B* thoughts that are shouting the loudest right now into I.C.B.B. thoughts



C.B.B. Thoughts	“Keep going” thoughts (I.C.B.B.)