



# Chapter 1 - Developing Your Bottom Lines

Create a list of your bottom lines. List all behaviors that you no longer wish to engage in. Please list as many bottom lines as you can, you might want to add more throughout this program.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

7) \_\_\_\_\_

8) \_\_\_\_\_

9) \_\_\_\_\_

10) \_\_\_\_\_



11) \_\_\_\_\_

12) \_\_\_\_\_

13) \_\_\_\_\_

14) \_\_\_\_\_

15) \_\_\_\_\_

16) \_\_\_\_\_

17) \_\_\_\_\_

18) \_\_\_\_\_

19) \_\_\_\_\_

20) \_\_\_\_\_