

M T W T F S S

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“What matters most to me?”	“What dominates my thoughts?”
<i>What should my priorities be?</i>	<i>If these are not helpful, can I set them aside?</i>
“What negative expectations do I have?”	“Where do I want to direct my attention?”
<i>How might I challenge these expectations?</i>	<i>What do I need to be sure that I notice?</i>