



What is the most frustrating (reoccurring) thought you have at this moment in your life?
Write it down here:

Now ask yourself:
Is it 100% True?
Is it Kind? (To yourself, to others)
Is it Useful?

Change, alter, edit the frustrating thought now, so that it is more precise & more empowering & write it here:

If you like this sort of Askesis and find them useful, you may want to check out:
http://www.alkistis.net/e_learning.html