

Question your mind!

- How we **feel** can become a habit, and that isn't always great for us if we're stuck in a rut. It takes 21 days to form a new habit. Let's have a go:
- You can always ask these 4 questions to anything you're feeling:
 - Is it true?
 - Am I absolutely sure it's true?
 - How do I react when I think that thought?
 - Who would I be without this thought?

Taken from Byron Katie '*Loving What Is – 4 questions that will change your life*'





"Happiness is like a butterfly, the more you chase it, the more it will evade you, but if you notice the other things around you, it will gently come and sit on your shoulder"

Henry David Thoreau, poet

