



THE MODEL OF HUMAN FUNCTIONING WORKSHEET

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Identifying your negative thinking is the first step towards change.

If you want to create a new result, you must start with understanding your mind and your negative thought patterns. This worksheet is designed to help you raise your awareness of what's blocking you and create a new supportive pattern. Start on the bottom left side of "Current Reality." Complete "Current Reality" from bottom to top. Then move to "New Reality" and work your way down. After you have completed this worksheet, continue to read the thoughts that create your "New Reality" daily.

	CURRENT REALITY	NEW REALITY
Results:	What are your results?	What results do you desire?
Actions:	What are you doing?	If you have the desired results, what are you doing?
Feelings:	What are you feeling?	If you have the desired results, what are you feeling?
Thoughts:	What are you thinking?	If you have the desired results, what are you thinking?

“The mind is
everything.
What you think,
you become.”

—Buddha