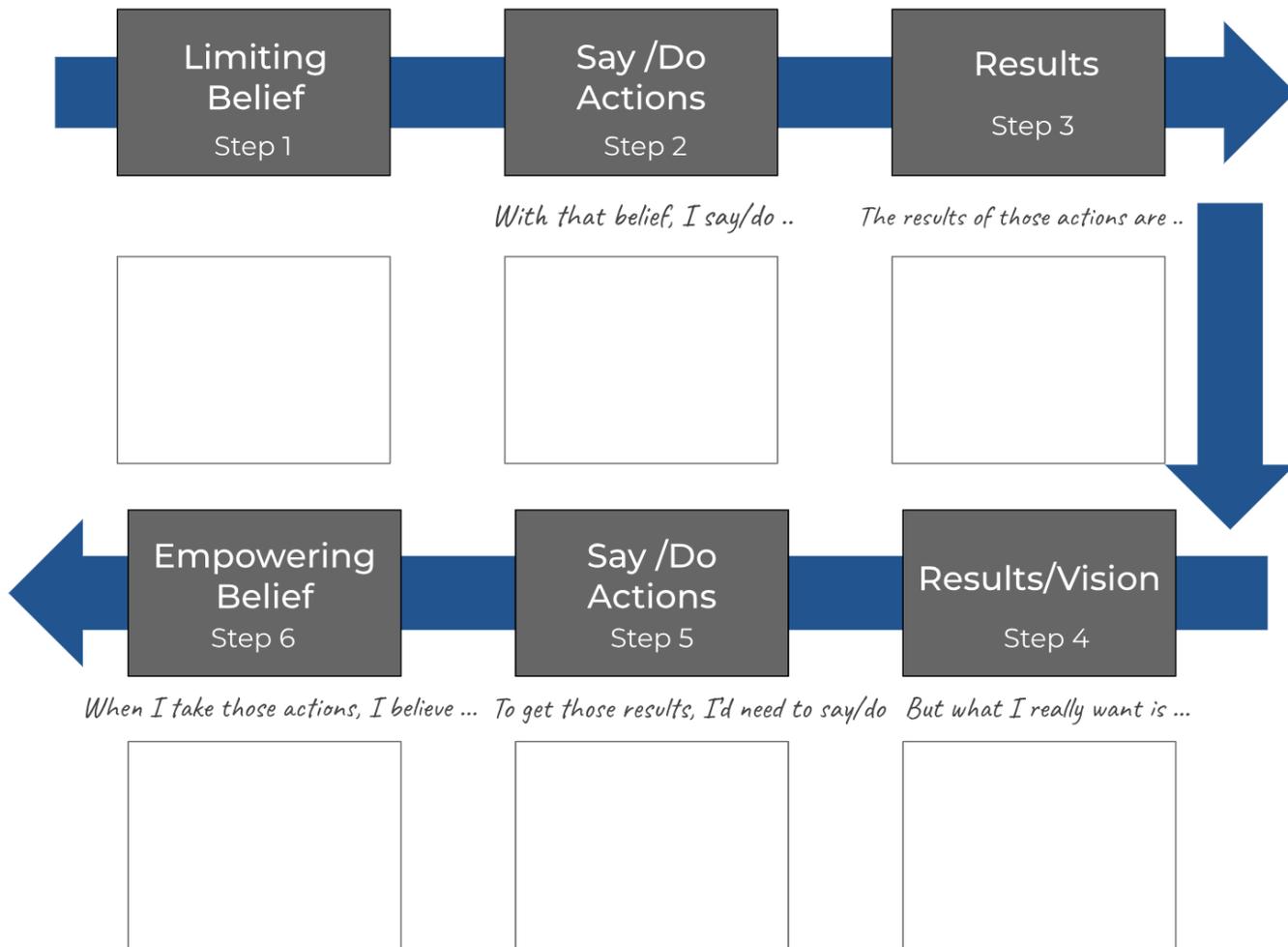


## TRANSFORMING BELIEFS SEQUENCE



For further examples of how Circumstances trigger Thoughts and Thoughts produce Feelings and Feelings generate Actions and Actions cause Results, go to The Life Coach School for a free guide at: <https://www.thelifecoachschool.com/self-coaching-model-guide>