

## Part I - Discovery

1. What am I feeling?
2. Why am I feeling this?
3. What do I believe about myself?
4. What is true about me?

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Do I make a choice  
based on what I feel?

Or do I make a choice  
based on what I know  
to be true about me?

My actions will either  
reinforce what I feel or  
what I know.

## Part II - Action for Change

5. What do I need?
6. How do I get it met legitimately?