

Guiding your mind to a higher degree is not always easy to do  
But if you try to, the POWER's inside you  
If you can command it then nothing can stand in Your way.

## The Force Within

*Just the Facts, Ma'am*  
*rhonda ross*

TODAY'S DATE: \_\_\_\_\_

List 3 complaints that you have. They may be about a person in your life "She always interrupts..." or a situation "It's not fair that..." Write all the fable that you have around it. All the history and all your future fearful projections.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now RE-WRITE the same three complaints as FACTS...simple FACTS — no story. No labels.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Let me know if it relieves some of your anxiety.

*Celebrate Each Step!*