

THE
Lawyer Life
COLLECTIVE

Autumn Noble

Deliberate Thinking
& Awareness Program

THE LAWYER LIFE COLLECTIVE
LIFE & CAREER COACHING
FOR LAWYERS

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DEVELOPING AWARENESS

1. Record all of the thoughts in your mind at this moment. This is a thought download.

2. What are the facts of your thought download?



DEVELOPING AWARENESS

4. What are the positive thoughts on your mind today?

5. What negative thoughts are living in your mind today?



DEVELOPING AWARENESS

6. What is the impact these thoughts are having on you right now?

7. Do you believe you have the power to choose (or not choose) those thoughts? Why or why not?



DEVELOPING AWARENESS

8. What negative thoughts do you want to change today?

9. What will you practice believing today instead of those negative thoughts?



RESULTS THOUGHT DOWNLOAD

1. Record all of the thoughts in your mind at this moment.



RESULTS THOUGHT DOWNLOAD

2. What are results you will create based on these thoughts? Make a list.

3. What are the positive results you created yesterday?



RESULTS THOUGHT DOWNLOAD

4. What are the negative results you created yesterday, if any?

5. List some of the positive results you have created in your life.



RESULTS THOUGHT DOWNLOAD

7. List some of the negative results you have created in your life.

8. What are the results you want to create more of in your life?



RESULTS THOUGHT DOWNLOAD

9. What are the results you no longer want to create?



ACTIONS THOUGHT DOWNLOAD

1. Record all of the thoughts in your mind at this moment.
2. What are the actions, reactions, and inactions you will take based on these thoughts? Make a list.



ACTIONS THOUGHT DOWNLOAD

4. What are the positive actions you will take today?

5. List some of the positive actions you have taken in your life.



ACTIONS THOUGHT DOWNLOAD

6. List some negative actions from your life.

7. What are the actions you want to create more of in your life?



ACTIONS THOUGHT DOWNLOAD

8. What are the actions, inactions, and reactions you want to eliminate?

9. What are the feelings you want to stop indulging in and why?



FEELINGS THOUGHT DOWNLOAD

1. Record all of the thoughts in your mind at this moment.

2. What are your feelings you are creating by these thoughts? Make a list.



FEELINGS THOUGHT DOWNLOAD

4. What are the positive feelings you are creating today?

5. What are the negative feelings you are creating today?

6. List some positive feelings from your life.



FEELINGS THOUGHT DOWNLOAD

8. List some negative feelings from your life.

9. What are the feelings you want to use to fuel your life?

10. What are the feelings you want to stop indulging in and why?



FAILURE & CREATING SUCCESS

1. How do you currently manage fear and failure? What changes can you make?

2. How do you deal with anxiety? What can you do to allow it?



FAILURE & CREATING SUCCESS

4. When do you fall into victim mentality? How can you prevent it?

5. Describe how you can use obstacles to create success.



FAILURE & CREATING SUCCESS

6. In what ways are you subject to emotional childhood (blaming your emotions on others)? How does it show up in your life?

7. Take one of your current negative thoughts and bring it to neutral below.

Example: My boss hates me → I have a boss.



FAILURE & CREATING SUCCESS

8. Think about a problem you currently have. Can you see that it's just a thought? What is the solution?

9. Write out a current model below. What would you like your model to be instead?



CREATING NEW PATTERNS

1. Name one area in your life where you make poor decisions in the moment that you would like to change.
2. What are the decisions you have currently been making?
3. What are the results of these decisions?



CREATING NEW PATTERNS

4. With forethought, what are the decisions you would prefer to make?
5. If your present self makes these decisions, how can you ensure that your future self will follow through?
6. What will your future self need to remember to follow through on this decision?

CREATING NEW PATTERNS

7. What will be the results of these better decisions and the follow through?

8. How do you imagine you would be different if you made and honored decisions ahead of time?



RECURRING THOUGHTS

1. What thoughts do you think the most? Make a list.

2. Is this what you want to be using your brain for? Why or why not?



RECURRING THOUGHTS

4. What do these most common thoughts create in your life?

5. What thoughts are you ready to let go of forever?



RECURRING THOUGHTS

6. What thoughts have you inherited but don't really like or want to keep?

7. What thoughts did you not even know you were thinking?



RECURRING THOUGHTS

8. What thoughts do you want to think habitually? Use the rest of the space to make a list.



SAYING GOODBYE

1. Pick something in your life you might want to say goodbye to.

2. Would you start, buy, or choose it again today?

3. Do you really want it now?

4. Does it serve you in your life and your values?



SAYING GOODBYE

5. Is it outdated? Has it run its course?
6. Make a decision to say goodbye quickly and write down exactly what that will mean.
7. Think about what you want instead.
8. How will you create what you want instead?

