



# Top Three Feelings

Since having a baby, what are the three most common feelings you experience?

01. \_\_\_\_\_ 02. \_\_\_\_\_ 03. \_\_\_\_\_

Why do you think you have these feelings on a daily basis?

---

---

---

What would you like your top three feelings to be?

01. \_\_\_\_\_ 02. \_\_\_\_\_ 03. \_\_\_\_\_

Why?

---

---

How would your results change if you changed your top three feelings?

---

---

---

Would you keep any the same?

---

---

Why?

---

---

What thoughts are causing the unwanted feelings?

01.

---

02.

---

03.

---

What thoughts would help generate the top three feelings you'd like to feel?

01.

---

02.

---

03.

---