



REWRITE YOUR STORY: EVIDENCE LIST

Think of something you really want to concrete into your own psyche. It could be the belief that your life is full of abundance. You can get specific, too. "Money is constantly flowing to me," or "My partner is so supportive and attentive to my needs." Whatever you "wish" were true.

Now, begin to look for proof that this new belief is true.

This works best if you write it down so that your brain can see it as TRUTH in black and white. Every day, make an Evidence List of 1-3 things that you notice or experience that reinforces your belief. Do it for one month. See what happens. I've done this exercise with countless clients, and every time, they are amazed and delighted at what shows up.

Even if it's just, "I found a penny on the ground today!"

That's proof money is flowing toward you constantly, isn't it? Those small pieces of evidence just get bigger and bigger, too.

This kind of "brain hack" shows us the power of our own minds but also the power of focus and perspective, which is kind of mind-blowing when you think about it.

The idea that these things might have been happening to you all along but you just hadn't noticed them is a whole new concept.

EVIDENCE LIST

DAY 1

1

2

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DAY 2

1

2

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DAY 3

1

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3



EVIDENCE LIST

DAY 4

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DAY 5

1

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DAY 6

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EVIDENCE LIST

DAY 7

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DAY 8

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DAY 9

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EVIDENCE LIST

DAY 10

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DAY 11

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DAY 12

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EVIDENCE LIST

DAY 13

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DAY 14

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DAY 15

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EVIDENCE LIST

DAY 16

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DAY 17

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DAY 18

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EVIDENCE LIST

DAY 19

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DAY 20

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DAY 21

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EVIDENCE LIST

DAY 22

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DAY 23

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DAY 24

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EVIDENCE LIST

DAY 25

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DAY 26

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DAY 27

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EVIDENCE LIST

DAY 28

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DAY 29

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DAY 30

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