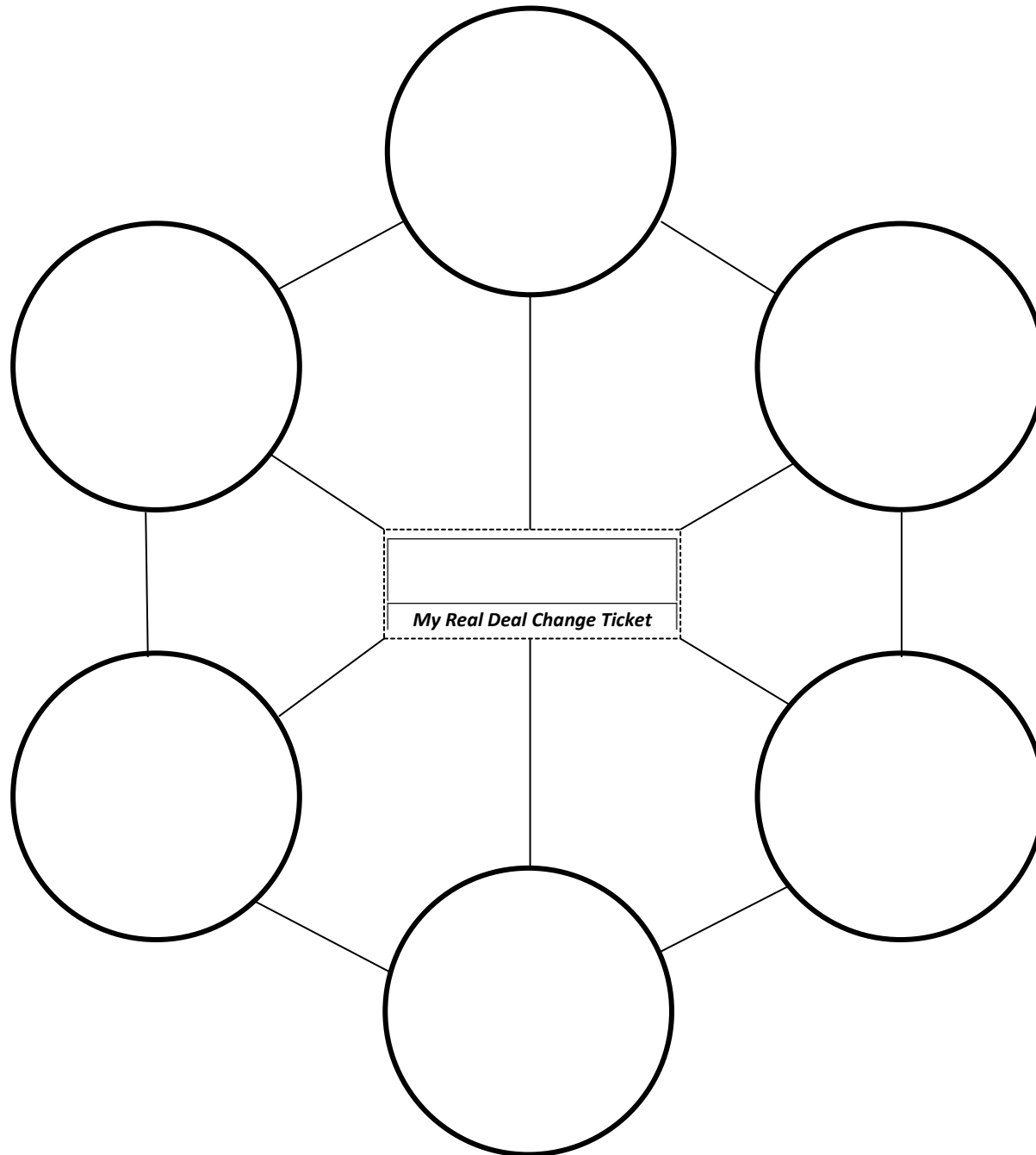


# My Real Deal Change Wheel



## My Real Deal Change Wheel

**Are you stuck on a Ferris wheel of denial – going round and round without moving forward?**

*Most of us have told ourselves at one time or another that we don't need to or can't change or achieve something in our lives because . . . well the reasons (i.e. excuses) are endless and usually quite creative. (I know mine are!)*

### **GETTING REAL**

*It's time to change your Ferris Wheel of denial into your wheel of fortune by getting real about what you tell yourself when you turn your back on change. (Caution: the Wishful Thinking Works Real Deal Change Wheel may cause you discomfort and lead to change!)*

1. Write something you have wanted to change or achieve for a long time, but haven't on your "Real Deal Change Ticket".
2. Then write in the circles what you tell yourself to keep from making the change. (Dig deep; add more circles if needed.)
3. Use "quotes" around your statements – after all this is what you've been telling yourself, then read each item out loud.
4. Ask family or friends if you say anything repeatedly about this change issue. Add their answers to your Real Deal Change Wheel, and thank them for their help!!
5. For a real eye-opener – look into a mirror while repeating what you wrote in your circles.
6. Create Real Deal Wheels for each issue in your life, check for similarities – be honest!
7. Congratulate yourself, climbing on the Real Deal Wheel takes commitment and courage – you did it!

*Jump on the Real Deal Change Wheel as often as you need to keep yourself real! The ticket is free, the experience is priceless!*

*Patrice Koerper*

[www.wishfulthinkingworks.com](http://www.wishfulthinkingworks.com)

[wishfulthinkingworks@gmail.com](mailto:wishfulthinkingworks@gmail.com)