

Recover Your Freedom™

WEEK 3 - Understand the root of your thoughts and behaviors.



Write the **desired result** that you got clear on from week 2:

Your thoughts come from all the experiences of your life, stored in your mind. This is called your programming or past conditioning, which dictates every thought in your mind.

PROGRAMING > THOUGHTS > BEHAVIOR > ACTION = RESULTS

You must change the programming if you want to change the results. We are programmed/conditioned in three primary ways in every arena of life like money, love, health, relationships, etc.

1. HEARD: **What did you hear about** use the desired result from week 2 ?

List all the statements you heard about the above desire. Video with example: www.urbanbreathnyc.com/recoveryourfreedom

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2. SAW: **What did you see about** use the desired result from week 2 ?

List everything you saw about the above desire. Video with example: www.urbanbreathnyc.com/recoveryourfreedom

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3. EXPERIENCED: **What did you experience about** use the desired result from week 2 ?

List everything you experienced about the above desire. Video with example: www.urbanbreathnyc.com/recoveryourfreedom

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