Should Question

It is essential to understand the reasons behind what we do and don't do. After all, our beliefs and thoughts shape our current decision-making and behavior and our potential to choose the life we could lead.

Use the tables below to consider what you do, why, and says who?

Complete the following table:

- In the "I should..." column, list all those things you feel you *should* be doing.
- Next, in the "Why..." column, list reasons for doing those things.
- Finally, in the "Says who..." column, list the names of people (you feel) are telling you (implied or actual) that you must do this.

"I should"	"Why"	"Says who…"

The complete table will reveal beliefs you have about yourself that may be limiting your present or 'miracle question' (where you imagine, overnight, your problem has been solved and describe what is different) behavior.

Now go through and rewrite each (I should) statement below as I could...

"I could"

By creating a new list, you have a set of affirmations that you can use to turn the answers from your miracle question into reality.

These points target those things in your life that require focus.

Dr. Jeremy Sutton