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Your Negative Ideas

Created by

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**Instructions**

If you wish you can use this worksheet to store all your Negative Ideas so that you can keep a record of all the suffering states of mind that you are working on. And if you wish to work through them simply use my [website](http://www.creationwithincreation.com) for free resources.

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| **The Creator's Worksheet****Negative Ideas** |
| **Negative Ideas** | **Potentiated Ideas** | **Expanding The Negative Ideas**(We will cover this in the Section - Negative Ideas) | **Transforming The Negative Ideas.** Write down the List of things you can do in your life to transform the Negative Ideas to the Potentiated Ideas(We will cover this in the Section - Catalysts) |
| i.e. "It is not ok to fail" | i.e. "It is ok to fail" | i.e. "It is ok to fail" |  |
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