

INPUT INFLUENCES

Assessing Your Input

Let's look at all the potential ways you are feeding your mind less-than-supportive input. Just put a zero if you don't do a particular activity.

Activity	Time		
	Per Day	Per Week	Total per Year
Read newspaper			
Morning TV shows or news programs			
News radio in car			
Evening TV news			
TV news during day (CNN, etc.)			
News on Web site homepages			
RSS news feeds			
News, gossip blogs, Web sites, readers, etc.			
News magazines (<i>Newsweek</i> , <i>TIME</i> , etc.)			
Gossip magazines (<i>People</i> , <i>Vanity Fair</i> , etc.)			
Other sources for news, gossip and "social commentary"			
Sitcom or other TV viewing			
Less-than-life-affirming movie viewing			
Total			

List three ways you will cut or significantly limit your input of negative, fear mongering, worrisome, gossip or needless social commentary input via newspapers, TV, radio, magazines, Web sites or otherwise.

1. _____
2. _____
3. _____

Your Plan to Feed Your Mind

What are the ways you will proactively feed your mind positive, inspirational, abundant, prosperity-minded ideas, information and input?

1. _____
2. _____
3. _____
4. _____
5. _____