

How Much Do You Buy It?

Put a number on how much you believe a thought, and watch the number move.

WHEN TO USE THIS

Use this twice in one day – once now, once tonight.

Write the thought in one line.

How much do you buy it right now?

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Every word

What would have to change for that number to drop by two?

Come back tonight. What is the number now, and why?

A thought that moves with the hour is telling you something about the hour.