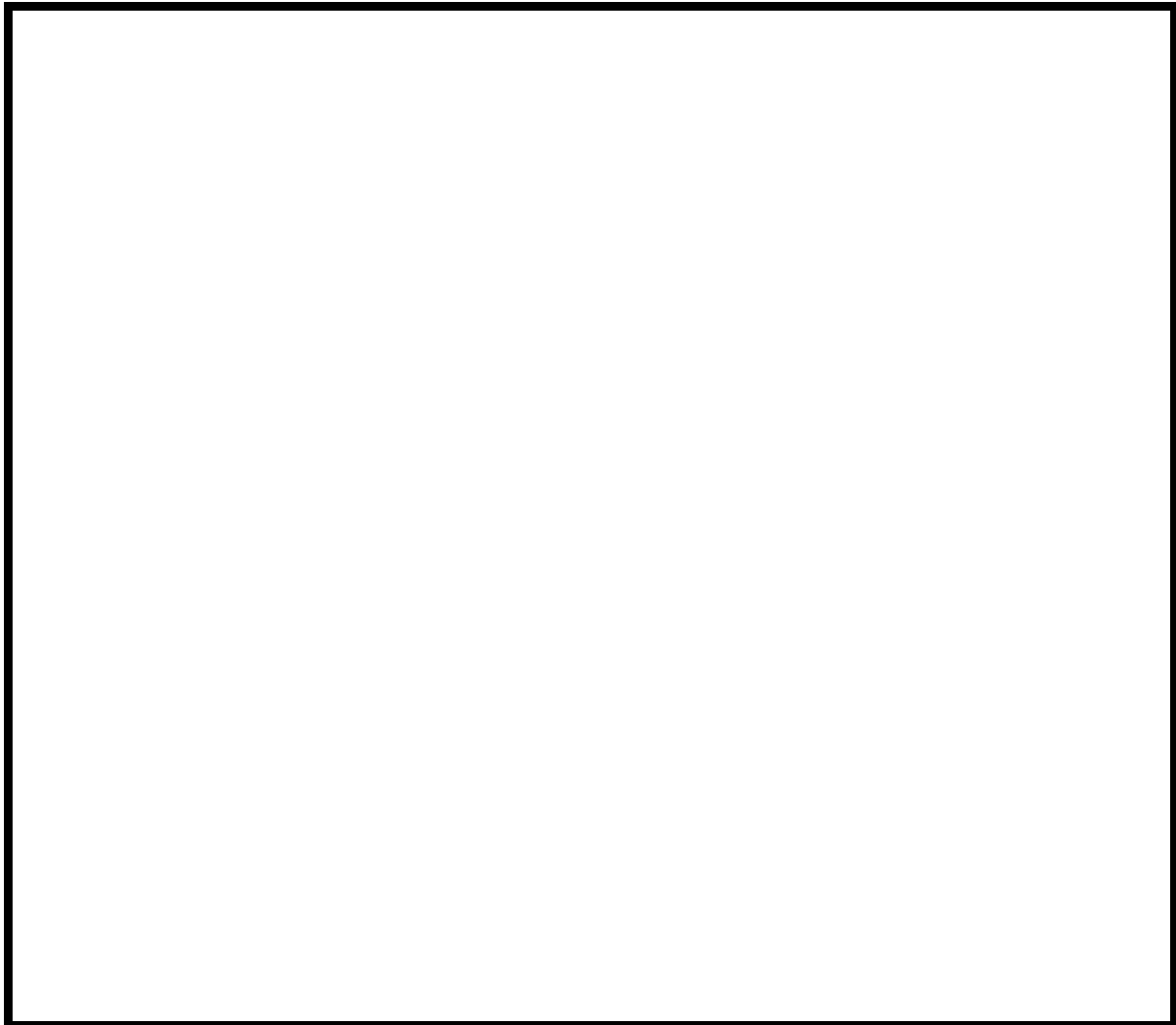


THE BOSS HAT *Programme*

CREATING YOUR HAT Lesson 5 – Being Aligned

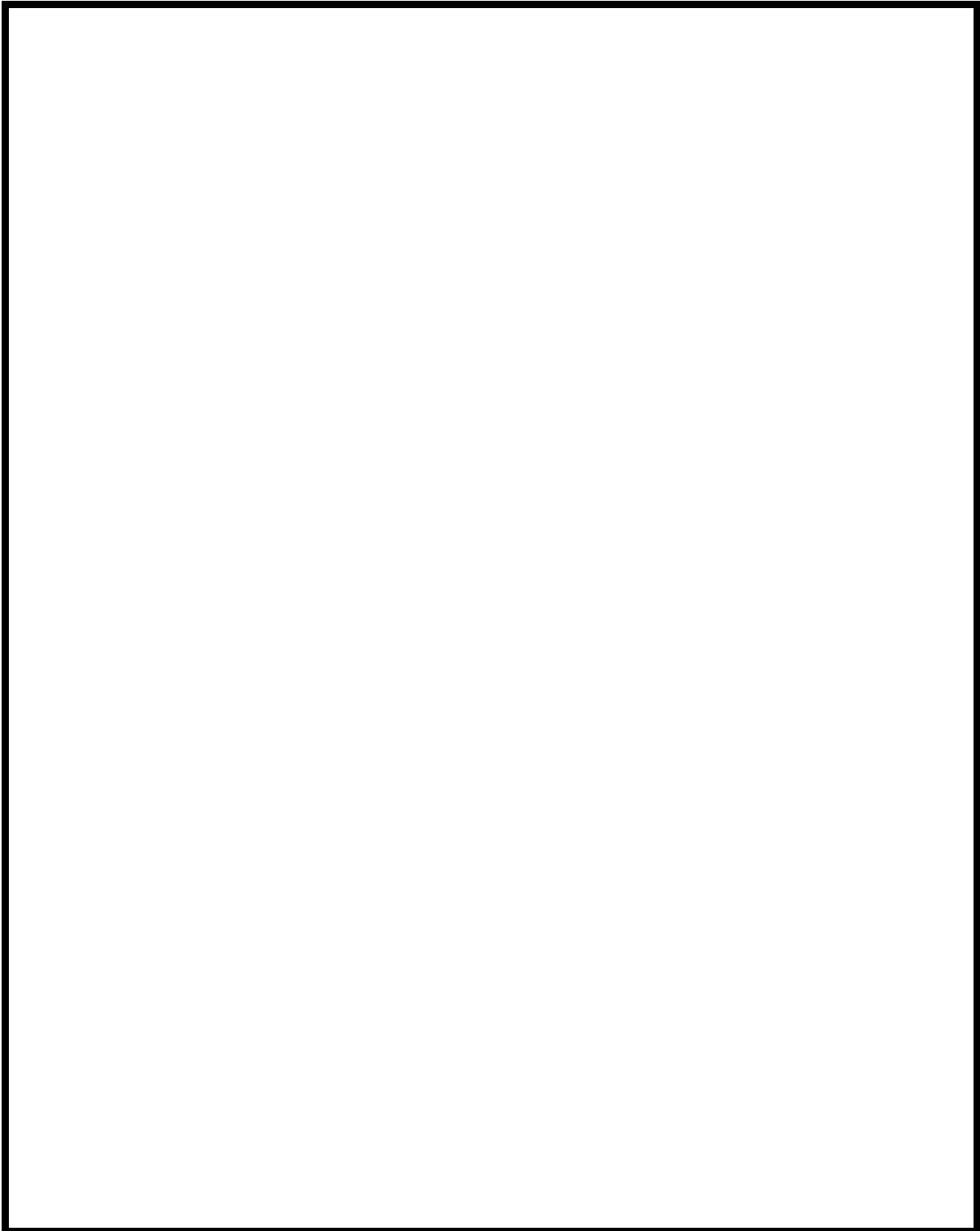
Write down how it feels when things are going great. Really step into the moment and feel the same feelings. How would you describe it?



Turn these words into positive phrases. Eg – I'm completely in control; I'm having a really productive day.

A large, empty rectangular box with a thick black border, intended for the user to write their positive phrases.

Notes

A large, empty rectangular box with a black border, intended for taking notes. The box is positioned below the 'Notes' header and occupies most of the page's vertical space.