

Use this worksheet to guide you through using Unity's 5 Basic Unity Principles in your life. You can reuse this sheet each time you have situation you need to see differently in order to create a positive experience.

Everything starts with a thought...

<p>Write or draw an unpleasant situation you are experiencing or have recently.</p>	<p>What good can you see in this situation and/or what positive can come from this situation</p> <p>God is all good and active in everything, everywhere.</p>	<p>How can you let God's light shine through you?</p> <p>I am naturally good because God's Divinity is in me and in everyone.</p>
<p>What can you choose to think, feel and believe to turn this situation to a positive experience?</p> <p>I create my experiences by what I choose to think and what I feel and believe.</p>	<p>Write an affirmation motivation to help you see the good in this situation</p> <p>Through affirmative prayer and meditation, I connect with God and bring out the good in my life.</p>	<p>What actions can you take to create a positive experience around this formerly unpleasant situation?</p> <p>I do and give my best by living the Truth that I know. I make a difference!</p>