

# The Tale Of Two Pictures Exercise

Millionaire  
**SUCCESS**  
Habits

Start by finding an unflattering picture of yourself—it can be a digital image on your smartphone or an old photo that you’ve stored in a shoebox. This picture is going to represent the version of you that is letting the villain control your life. Then I want you to create a list of the negative traits you associate with this version of yourself. take it one step further and create a complete avatar of that negative version of yourself. What are the limiting beliefs and habits of this version of yourself? Then repeat the process with a new, limitless version of yourself. Name both versions!

| Old Me=         | NEW Me =        |
|-----------------|-----------------|
| INSERT PIC HERE | INSERT PIC HERE |

| TRAITS OF OLD YOU | TRAITS OF NEW YOU |
|-------------------|-------------------|
|                   |                   |

| AVATAR OF OLD YOU | AVATAR OF NEW YOU |
|-------------------|-------------------|
|                   |                   |