LUKE REICHLE'S

SECRETS OF THE RED CARPET®

STYLE FROM THE INSIDE OUT

Rough Cut

Look over your collection of remarks that you've collected for a full week. Fill in the chart by placing them in either the Positive or Negative territory. Add up the number of times a remark is repeated and put this information under Frequency. An example has been provided for you.

POSITIVE	NEGATIVE	FREQUENCY
	You're fat	48

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Rough Cut, continued

POSITIVE	NEGATIVE	FREQUENCY

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