

E-Squared Lab Report Sheet  
The Easter Principle  
aka The Resurrection Principle  
April 20, 2025



$E^2$  . . . . .

**The Principle:** The Easter Principle aka The Resurrection Principle

**The Theory:** Your thoughts and choices can create newness in your life

**The Question:** Can I really change my experience of myself and my life through my thoughts?

**The Hypothesis:** By choosing to let go of an old belief that no longer serves me and then choosing a new idea of myself, I can experience a “risen,” more joyful and fulfilling life

**Time Required:** As little as an instant, possibly six months!

**Today’s Date: Time:** \_\_\_\_\_

**The Approach:** What idea/belief about myself/my life am I dying to?

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What new idea about myself/my life do I want to choose now?

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After answering these questions, every day, morning and night, look at yourself in the mirror and say, “I am new today. I am \_\_\_\_\_” (an affirmation about your new idea). Pay attention to how you feel. Make notes!!!

Research notes: