

## What are the negative words you tell yourself?

*A list of negative words are listed below that people tend to tell themselves.*

CHECK THE NEGATIVE WORDS YOU SAY AND ADD ADDITIONAL ONES THAT ARE NOT LISTED.

- I'm not smart enough
- I'm not enough
- I can't afford it
- I can't
- I'm too old
- I'm not attractive
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

FOR EACH NEGATIVE YOU CHECKED ABOVE, CREATE A POSITIVE BELOW.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

For the next **21 days**, say your positive list out loud to help change the way you think, also write it on paper. Write it and say it and watch your mindset begin to change.

