

IN PURSUIT OF PURPOSE

— HELPING CHART YOUR PATH —

Self-Talk Journal

*Companion Material to
Neuroplasticity Enhancement Module: Lesson 1*



Want to learn more about *In Pursuit of Purpose*? Go to
<https://inpursuitofpurpose.thinkific.com/>

In Pursuit of Purpose Self-Talk Journal

Instructions:

Step 1: Tune in and listen to the voice in your head. What is it saying?

Step 2: As you notice yourself saying something negative, take note of this and write down it's opposite. (See examples below.) Even if it feels hard or weird, write these positive thoughts down. The harder it is, the more you need to plant those seeds.

Step 3: Watch for your trigger. What happened that made you say these things to yourself?

Step 4: Watch for your hotspots – times when your negative self-talk spikes. Does your negative self-talk spike when you are tired? When you are hungry? Or when you hang out with certain people? Or are on social media or looking at certain magazines?

Examples: If you say "I am not sure I am good enough" write down, "With time and effort, I have the skills and capacity to succeed."

If you say, "I am not thin enough" write down, "I am grateful for this body that serves me day in and out. I believe that beauty comes in all forms and sizes."

You can also use the Power of Yet! When you say "I can't do it," write down, "I can't do it YET."

Self-Talk Reframed*	Trigger	Hotspot

* Remember, **don't** write down your negative self-talk. We don't want to wire that into your brain anymore! Write down its opposite as shown in examples above.

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