

The 5-Day BEST LIFE Challenge

WHEN AND HOW YOU PUT MYSELF DOWN AND CORRECTING IT

CHANGING MY COMMENTS ABOUT MYSELF TO POSITIVE

A. When are there times that I put myself down?

Is it at parties? Work? When I'm nervous? Angry with myself? When?

(I'm figuring it out so that I can STOP, BREATHE & CHANGE it to POSITIVE.)

B. How do I do it? What do I say?

C. HOW can I change it to something positive?

A.

B.

C.

1. _____

2. _____

3. _____

4. _____

5. _____