

# The 5-Day BEST LIFE Challenge

## DISCOVERING WHEN AND HOW I PUT MYSELF DOWN AND 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?

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

**C.** HOW can I change it to something positive?

I need to find out so that I can STOP, BREATHE & CHANGE it to POSITIVE.

**A.**

**B.**

**C.**

1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____