

Turn that thought around.

Sometimes we are really good at recognizing our worth, other days we sit in a negative feedback loop pointing out everything we've done wrong since kindergarten. This exercise will help you pause and reflect on the here and now. Try it out and see what comes up for you when you're done. Feel free to share in session!



Has being preoccupied on this negative thought changed the outcome of the situation?



Will staying focused on this negative thought change the outcome of this situation?



What lesson can you pull from this experience?



Identify 2 supportive people you can reach out to to talk the negative thought out with.
