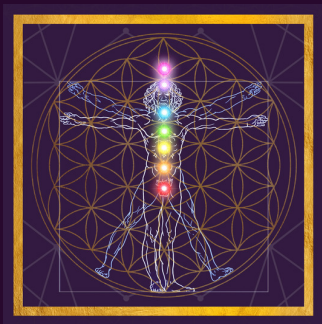


LISTEN TO YOUR SELF-TALK JOURNAL



SHARON WHITE

For one whole day I want you to pay attention
to your self-talk.

On the left hand side of the page write:
Positive things I say to myself. Then on right
hand side of the page write: Negative things I
say to myself. (Or print PDF).

All you have to do, when you hear some self-
talk is write down what you are saying about
yourself on the appropriate list.

I am amazing.
I am wonderful.
I can do this.

Goes on the positive list.

I can't do this.
I am not worthy.
I am not good enough.

Goes on the negative list.

After a day of this notice which list is longer. I
am sure I know and I want you to see for
yourself.

**How can you expect to heal if you
don't yet love yourself enough to
start saying loving words?**

- Sharon White

Journal daily and notice your self-talk. When you are aware of your thoughts, you can then create change. - Sharon White

Now we can see where our thoughts take us.
Lets make some changes. Go to the belief
change exercise.