



Self-Talk “Insight and Awareness” Sheet

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Transforming Self-Criticism Into Self-Support

This exercise is intended to heighten your awareness of *how you speak to yourself* in ways that either empower you or disempower you. As you fill out this sheet, you'll gain *insight* about the relationship between your thoughts and feelings: *what you think* determines *how you feel*. *This interaction* powerfully affects your energy to live your full potential and build the business/life of your dreams.

Here are the steps to Transformation:

1. Write down “My Heart’s Wish about expanding my business or improving my life:”

2. Focus your attention on your heart’s wish for your business or life and write down *one self-critical thought* (self-talk) you’ve been saying or thinking about it. _____

3. *Notice how/what you feel*. Check your gut. Choose *one feeling word* that emerges in the moment: _____
(If you have trouble finding your feeling word, consider the 4 broad categories: mad, sad, scared, glad.)

4. Let yourself *really feel* what you’ve been feeling in all of its unpleasantness when your critical self-talk dominates your thinking. What do you notice about your energy? _____

5. Now, **fold your paper** in half to continue.

6. Consider *what you’d rather feel*. Find one word. Let yourself really feel this new feeling: _____

7. Ask yourself: “What new *thought do I need to think* in order to feel this *new uplifting feeling* on a regular basis about my heart’s wish for my business or life?” “What do I need to say to myself (self-talk)?” _____

8. Write down your heart’s wish for your business or life again and your *new, positive thought* about it.
My heart’s wish: _____

My new positive thought about it: _____

9. Notice the feeling you prefer to *feel* once again, and write it down in **big letters**: _____

10. Write your new, *positive preferred thought* down **again** in **bigger letters**: _____

11. Read the whole thing backwards (10, 9, 8): your new *positive thought*, how it now makes you *feel*, and your *heart’s wish*.

12. Notice your energy. What new **INSIGHT** do you now have about your feelings and your Self-Talk? _____
