



For this coming week, start paying attention to your thoughts. Each time you notice a negative thought about yourself, write that thought below. When it comes to creating change and achieving what you desire you have to gain awareness of the limiting thoughts that you are constantly telling yourself. Doing this will help you begin to relate to yourself from a place of truth, acceptance, and compassion. This is how you cultivate authentic self love. Put this worksheet up for a few weeks, anytime you notice you have a thought that you wrote down, refer to it as "thought #2" (for example). This way these thoughts start to lose their power.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

"The first level of really owning the power of your life is to first listen to your thoughts." Bruce Lipton