



5 minutes.

- Write down all the thoughts (positive + negative) that come to your mind about your life (i.e. *yourself, your job, your health, your friendships, your family, recent choices/decisions, money, etc.*). Let your mind wander.
- Write words, phrases, sentences, and pictures that associate with the thoughts as they come to mind.

BRAIN DUMP EXERCISE



4 minutes.

- Set a timer for 2 minutes.
- In the negative belief column: BE HONEST and write down all the negative thoughts you allow yourself to believe about *who you are as a person and your abilities, choices, looks, etc.*
- Set a timer for 2 minutes.
- In the positive belief column: Write down all the positive beliefs you have about yourself and your life.

BELIEFS EXERCISE

Negative Beliefs	Positive Beliefs



5-7 minutes.

- Give each a rating from 1-10 (10 = you feel this category is at its best + does not need any improvement).
- If you rated a category with less than a 7, identify the negative habits that are associated with it.
- After you have identified the negative habits affecting key aspects of your life, make a list of how those habits make you feel.

HABITS EXERCISE

	Rating	Negative Habits + Feelings
My Character	<input type="text"/>	
My Happiness	<input type="text"/>	
My Friendships	<input type="text"/>	
My Family	<input type="text"/>	
My Health	<input type="text"/>	
My Job	<input type="text"/>	