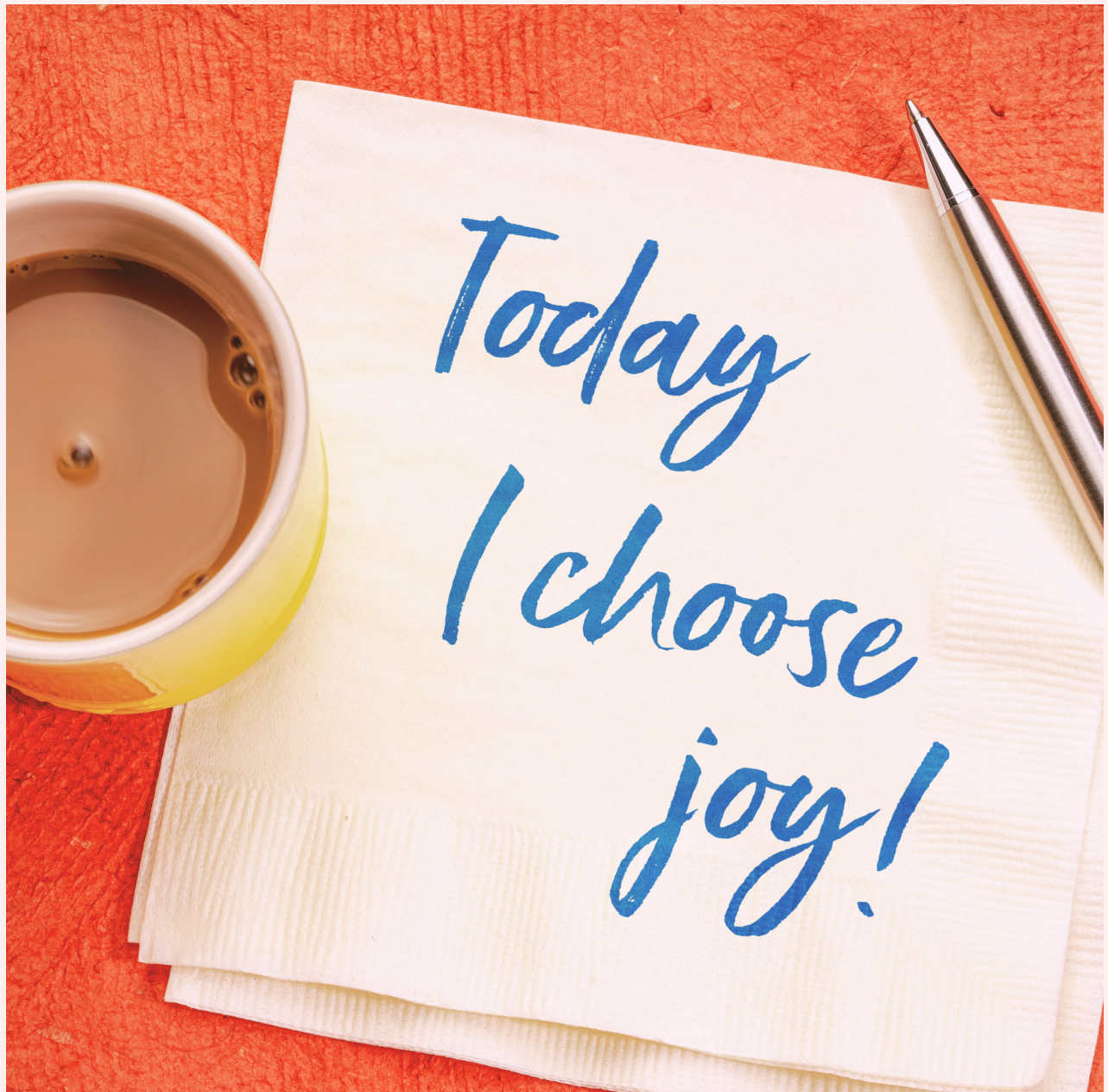


PUT A POSITIVE SPIN

On Your Negative Self Talk



UNFOLDANDBEGIN.COM

FIRST STEPS

- List out your negative self talk
- Create a positive and present tense version of each statement
- Read them aloud each morning
- During the day, when you hear your negative self-talk replace it with your positive version
- Read them aloud each night



YOUR POSITIVE SPIN

REWORK YOUR NEGATIVE SELF TALK INTO POSITIVE SELF TALK

NEGATIVE

ex: I suck with money

ex: I will not smoke

POSITIVE

I manage my money & savings with abundance

I live a healthy and smoke-free life