



TODAY I AM MY OWN BEST FRIEND.

DAY.15

"Just before you go on stage. There is that inner voice saying "you are gonna fail, nobody cares what you have to say, why are you even here, who do you think you are?!" We would never say this to a friend, but we say it to ourselves..."

How we talk to and what we think about ourselves, shows what we believe about ourselves. After the past days of observing our words, thoughts and actions, we can start changing the way we treat ourselves in our minds.

Our **inner critic** is often on autopilot. We might be unaware of how we talk to ourselves or how our self-talk is affecting us. Is it the inner critic, of "never enough", "don't even try", "are you stupid?" etc. ? OR is it your inner friend, encouraging you, forgiving you, believing in you?

The way we talk to ourselves can both drain us or fuel us. And it's often not even our own 'voice', but that of those that raised or shaped us.

"Would you be friends with someone who talks to you, like you talk to yourself?" This question can give insights that can change how you experience daily life.

Journaling our self-talk is a powerful tool. It shows us **through which glasses we are seeing ourselves & the world**. Are you fearful, doubtful, distrusting? Or brave, confident & full of trust? Are you lying to yourself saying it's all good, or you don't care or it's not that important? Or are you honest, kind, and compassionate?

Everything that is created started with a thought. Including ourselves & what we have become. Everything which follows **"I AM"** is what we manifest for ourselves.

How we talk to ourselves often explains a lot about how we talk to others, and thus the ripple effects we create.

Conscious self-talk (incl. affirmations) can help **rewrite the tape** we play in our minds. To choose to be our own best friend in the heat of the moment, and guard our inner peace & energy. It's your choice of words.

DAY.15

Phrase of the day: 'Today I am my own best friend'.

Write this phrase in your journal.

PRACTICE: BE YOUR OWN BFF

Today we invite you to observe your self-talk & turn it around. You can use the 'Be Your Best Friend' tool.

This tool will help you track your self-talk, and use positive thoughts and affirmations to instantly turn it around.

1. During your day, observe your self-talk and take notes when it is negative. Describe the situation or trigger. And how it makes you feel.
2. At the end of the day, for every negative self-talk, imagine your best friend next to you, correcting these negative thoughts, and replacing them with something encouraging, decisive, positive or neutral.

SITUATION/ EMOTIONAL TRIGGER	OBSERVED NEGATIVE SELF-TALK	THIS CAUSES FEELINGS OF	REFRAME WITH POSITIVE AFFIRMATIONS
Being late	"I never have my sh*t together"	worthlessness	"I choose to be on time so I can be more calm"
Public speaking	"What I have to say doesn't matter"	anxiety	"My words can touch people's hearts & minds"
		anger	
		sadness	
		self-doubt	