

BE YOUR OWN BFF.

"You probably don't even want to be friends with someone who would talk to you like you talk to yourself". This insight changes your life. Becoming aware of how you talk to yourself, gives insight in unnecessary and unproductive negativity, self-blame and hopelessness. Tracking how you talk to yourself is the first step towards talking in a positive, supportive and empowering way. You will notice how much energy in a day is lost on this negative self-talk conversation that don't lead anywhere, except in anxiety, anger, or hopelessness or other energy draining emotions.

That doesn't mean "trying" to be different, or thinking "positively." Instead, it means noticing when you snap at yourself, beat yourself up, or reinforce negative thought patterns. In noticing, you are realizing what you're doing and seeing it for what it is: a thought or a feeling that's just passing by – it's no more than that. In such moments, and as you continue to catch yourself, you will see how the mind softens, how it lets go, and how it finds a new sense of calm and clarity in the most unlikely of places.

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

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"