



Mindset Shift

Flip the script from negative self-talk to positive motivation. List some of your common negative self-talk messages you give to yourself. Then flip the script, and write a positive encouragement message to yourself.

Instead of....

Try...

I will never get better

I am taking steps everyday to improve

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Comfort Zone

Sometimes you have to leave your comfort zone to change. What are some activities you do that fall into each zone?

