

WHAT IS YOUR LANGUAGE

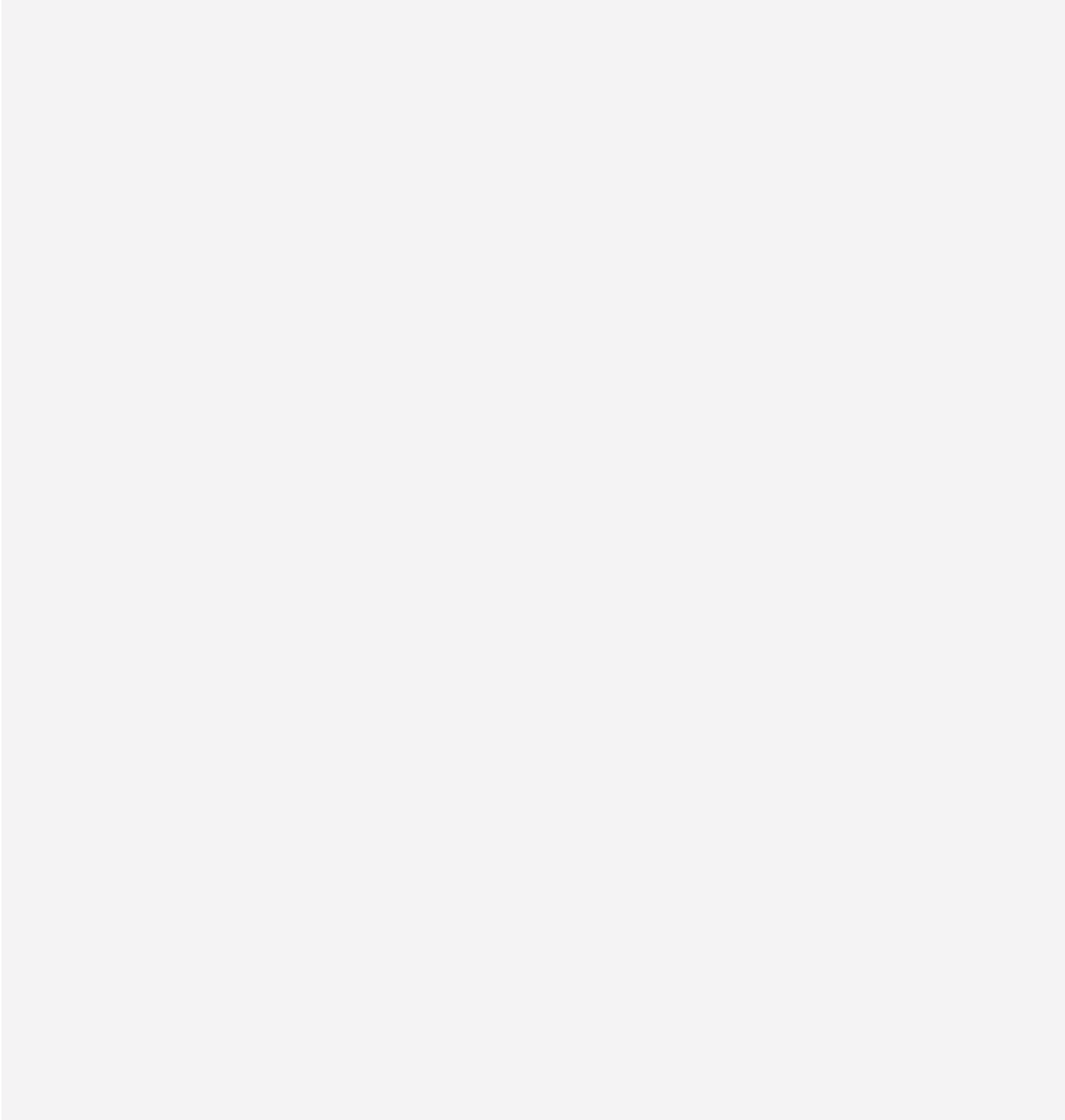
How we speak to ourselves is crucial to our growth and to our overall well being. Our language will determine how we see the world, as well as how we show up for ourselves and others. What words and phrases do you catch yourself using often that are NOT serving you. (This includes thoughts)

WRITE OUT ALL THE LANGUAGE YOU USE EITHER IN THOUGHT, OUT LOUD TO YOURSELF, OR TO OTHERS (RECURRING WORDS AND PHRASES)



WHEN DO YOU USE THIS LANGUAGE

WHEN DO YOU USE THIS LANGUAGE? IN WHAT SITUATIONS, WITH WHOM ARE YOU SPEAKING THIS WAY EITHER TO YOURSELF OR OTHERS? LET'S IDENTIFY THE SITUATIONS AND ACTIONS THAT CAUSE THAT LANGUAGE TO COME OUT.



REPLACING THE LANGUAGE

WHAT ARE SOME WORDS OR PHRASE YOU COULD USE INSTEAD OF THE NEGATIVE LANGUAGE YOU WERE PREVIOUSLY USING? FOR EXAMPLE, INSTEAD OF SAYING "I AM SO STUPID" WHEN YOU GET SOMETHING WRONG, SAY "I AM LEARNING, I AM HUMAN."

OLD LANGUAGE

NEW LANGUAGE

OLD LANGUAGE

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