

31 May 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Self Talk Diary

*This week's challenge is to keep a diary of your own self-talk. We are our worst critics and whilst we know that, we don't always realise to what extent. Keeping a diary (over a few weeks to be fair as opposed to just this weekly challenge) will allow you to identify the patterns & triggers as well as empowering you to take control of your own mind & catch yourself when you are being totally unfair on yourself or beating yourself up...*

*We do it more than we realise and even if you might have done this exercise before, it's worth repeating it every now and again...*



*Monday - Record your mood & thoughts for the day. Were they positive or negative? How did they fluctuate through the day? Were there any obvious triggers? What one thing was good about today?*

*Tuesday - Record your mood & thoughts for the day. Were they positive or negative? How did they fluctuate through the day? Were there any obvious triggers? What one thing was good about today?*

*Wednesday - Record your mood & thoughts for the day. Were they positive or negative? How did they fluctuate through the day? Were there any obvious triggers? What one thing was good about today?*

*Thursday - Record your mood & thoughts for the day. Were they positive or negative? How did they fluctuate through the day? Were there any obvious triggers? What one thing was good about today?*

*Friday - Record your mood & thoughts for the day. Were they positive or negative? How did they fluctuate through the day? Were there any obvious triggers? What one thing was good about today?*

*Saturday - Record your mood & thoughts for the day. Were they positive or negative? How did they fluctuate through the day? Were there any obvious triggers? What one thing was good about today?*

*Sunday - Record your mood & thoughts for the day. Were they positive or negative? How did they fluctuate through the day? Were there any obvious triggers? What one thing was good about today?*