

Exercise on Self Study:

Judge, Recognize, Adapt

Your energy output mimics the narrative in your head. Connect to the world through positive attitude. If your inner dialogue is self-deprecating and full of judgements about other people, you will be perceived as negative and judgemental. If your inner dialogue is full of loving kindness for yourself and compassion for others, you will be perceived as kind and compassionate. Your attitude mimics the stories you tell yourself about the world and your place in it.

What stories are you telling yourself? What stories can you do without? How would you like to present yourself to the world?

This exercise is self-examination of your daily dialogue.

**Day 1-4
Judgement**

Each day, note one time you said “I can’t”

- a) **Where did this happen?**
- b) **Who did you say it to?**
- c) **What were you avoiding?**

I Can't _____

a. _____

b. _____

c. _____

I Can't _____

a. _____

b. _____

c. _____

I Can't _____

a. _____

b. _____

c. _____

I Can't _____

a. _____

b. _____

c. _____

Day 6

Adaptation

Change your dialogue. When you think the following....

I can't

because

instead I... (How did you avoid what you "couldn't do?")

Now try this:

I can

because

and I achieved...
