

MIND *Motivation!*

Season One, Episode Six

The One About - Are You Your Own Friend, Or Are You The Enemy? Do You Compliment Or Criticise?

EXERCISE: WHAT'S YOUR STORY?

Think of a personal example where you've allowed a negative inner voice to hold you back.

What negative words did you say to yourself? What negative statements did you say?

What was the consequence of this negative inner voice? (a lost job, relationship, promotion, travel?...)

Now replay this event again in your mind BUT this time change your inner voice to a strong, supportive, positive, empowering friend. What would you say now?

Impossible or I'M POSSIBLE - same letters, yet a very different focus and outcome.

What do you believe is now possible, that you once thought impossible? Move the boundaries you've set in your past as a result of listening to negative self-talk.

Make a list of 3 things in your past you believed in before people sold you the story that they were impossible. Things you still want to have, be and do?



Say I **LEARNT not I **FAILED****

List 3 old fears and doubts that have held you back. (These can be in any area of your life; career, relationships, hobbies, travels etc.)



Now write down the impact these had on you and how they made you feel?

Now replace fear with faith and positive belief.