

Your Inner Meany

We're often hard on ourselves, but we don't realize that it's not helpful. It can cause demotivation, procrastination and zap our energy.



Notice for one week what mean thoughts you direct toward yourself. Start the list here:



Do you notice repeat offenders? Thoughts that you often think in different situations?



Bonus Section: Go back through and list how these thoughts make you feel. Are these thoughts true?