

# 3 THINGS TO TRY THIS MONTH

No. 1 Write 10 positive things about yourself.

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No. 2 Reflect on exercise #1 by journaling below. What is it that's keeping you from writing / believing these things about yourself?

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No. 3 Notice the monologue. Start to move this to a dialogue.  
Answer the question: What is holding you back from feeling fully alive?

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Pick an opposite action that will work towards defeating "that thing" and do it! (Ex: *If you're feeling a lack of connection with other women, text 2 people right now and get coffee or wine on the calendar this week.*)

*The action I'm choosing to take this week is:*

*Bonus!* Use the identity triangle to begin the work of understanding "What I believe about me matters. What other people see in me can line up with the true value of who I am. And I can watch the way I'm assuming to make sure it's from a place of accuracy so I don't only live out of a place of hoping that people will see me for who I am."

