

The change I want in my life is:

Things that keep me from this change (barriers):

What is one negative message I tell myself that is keeping me from getting what I want in my life?

What are three ways I can reframe this message to help me see my strengths, positive qualities, and give me hope to achieve what I want?

1)

2)

3)

Take it to the next level... write out your affirmations on the next page and put up around your house as reminders to yourself!

