

Begin

3 Ways To Begin



1

BEGIN TO LOOK FOR WORDS THAT MAKE YOU FEEL GOOD

Look for Words that bring you hope, joy and goodness. As you look for them---you will begin to see them and you can decide if you want to “put them on” or in your life.

2


BEGIN TO PUT ON WORDS THAT MAKE YOU FEEL GOOD

Choose a phrase that makes you feel good. Write it on a 3x5 card (or on the printable I'll provide below) and say it to yourself multiple times a day.

3

BEGIN TO REPLACE DISCOURAGING WORDS WITH EMPOWERING WORDS

Use the worksheet provide below to change "Why" questions that make you feel discouraged to "How" questions that empower you.





Begin

To Look For Words That Make
You Feel Good

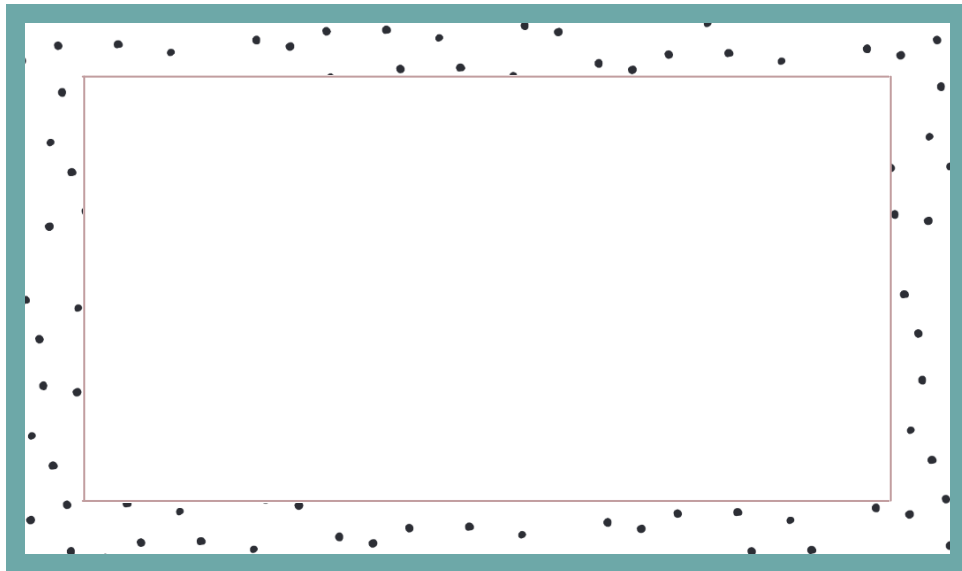
List words/phrases that help you feel positive emotions:



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To Put On Words That Make
You Feel Good

Print this page. Then write just 1 phrase that lifts you up and helps you feel positive emotions in the blank spot. Cut out the card and put it on your bathroom mirror. Then, read them to yourself 5 times every time you look in that mirror. That's it!





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To Replace Discouraging Words With Empowering Words

Statements you often think that
start with the word "Why"

Re-word the statement using
the word "How"

