Making personal shifts

Consider ‘typical’ scenarios you have to deal with where you would like to change your habits including your self-talk. These may be at work, in your personal life, or a mixture of both.

Complete the first four columns, then use the final column to note, like a journal, how your practice of the new behaviour goes.

Typical scenarios: What usually happens	**How I feel/react usually. (What my self-talk ‘says’).**	**Improved scenario: What I *want* to happen.**	**The self-talk I will choose to use to help make this happen.**	**Notes on my progress.**