

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.