

# CORE LANGUAGE UPGRADE

# DAY 06 | WORKSHEET

## How to Use this Worksheet

Digital Format: You can complete this worksheet as a PDF. First download and save this file. We suggest using Acrobat Reader ([click here to download](#)). This sheet is editable, so you can easily type in the provided spaces and save your information. You're all ready to get started.

Pen and Paper: Print this PDF if your preferred method is to write it down. Learning is enhanced by writing long hand. Studies show that brainstorming ideas and putting thoughts on paper is much more powerful, create better memory retention and comprehension.

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Read each sentence. Describe in your own words the mental imagery and type of feelings they create.

### EXERCISE ONE

*“I feel LIKE I MIGHT need to talk to someone.”*

*Mental Imagery* \_\_\_\_\_

*Feelings* \_\_\_\_\_

### EXERCISE TWO

*“Well, PERHAPS we could eat healthier food.”*

*Mental Imagery* \_\_\_\_\_

*Feelings* \_\_\_\_\_

### EXERCISE THREE

*“MAYBE I could be more assertive.”*

*Mental Imagery* \_\_\_\_\_

*Feelings* \_\_\_\_\_

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Use these questions as journaling prompts. Contemplate these; you may be surprised at your answers!

### THOUGHT PROVOKING QUESTIONS

Identify your most commonly used Soft Talk keyword. Do you use LIKE, MAYBE, POSSIBLY, I THINK, or I GUESS? Write it down. Make a point to observe it in your thoughts and speech, and notice your feelings and/or thought patterns when using it.

How does indecision feel? How does an extended period of indecision feel? Write a few sentences reflecting on that experience.

Think of your most indecisive friends or acquaintances. How much Soft Talk do they use? What effect does it have on them? How are they perceived by others?