

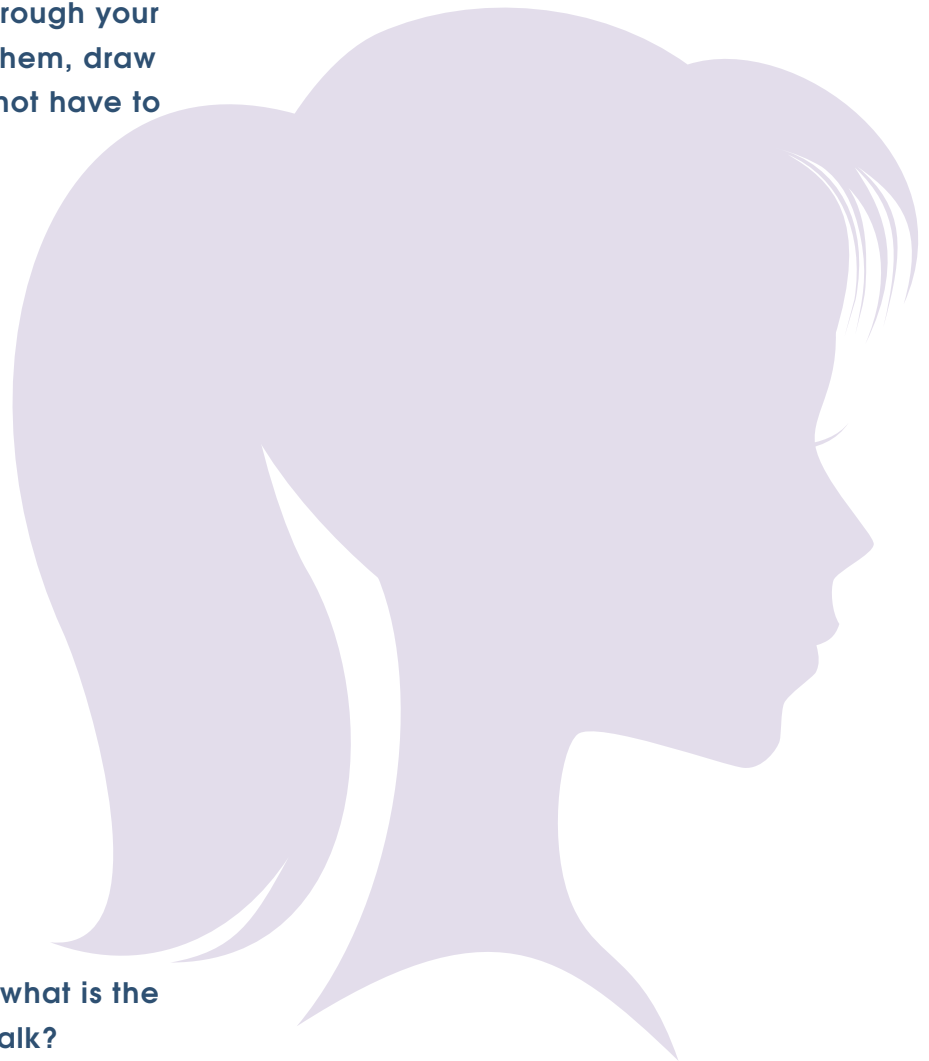
SELF TALK

*Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.*

Fill in the mind-space of the image to the right with the thoughts going through your head right now. You can write them, draw them, or doodle them. You do not have to use full sentences.

What's in your mind?

Self-talk is that little voice in your head that's narrating your life and creating your story. For most of us, the voice goes on and on, all day long. Sometimes, we're not even aware of it, yet it is feeding us information, creating the way we interpret data, and filling our heads with either a lot of positive, good stuff or bunch of negativity.



Generally speaking, what is the "flavor" of your self-talk?

