



Mindful Fitness

Strong and Powerful

CHANGE LIMITING BELIEFS: WRITE YOUR TRUTH

#01

CAUSE

What caused you to have this negative self talk or thought?

#02

PHRASE

What was the phrase used?

#03

REALITY

Write the reality in a positive constructive thought to replace this negative self-talk.

Example-

"I missed my workout today"

"I'm never going to change my body."

I didn't plan my day well. I can fix that. I can change my body by planning my day better.