



# Strong and Powerful

*Mindful Fitness: As Heard on Podcast Fit Girl Guide to Getting in Shape*

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For each self-talk sentence below, answer the following questions:

1. What facts support this thought?
2. What existing evidence contradicts it?
3. If this was true, what is the worst possible outcome?
4. Can I, realistically, control this?
5. Am I using "I must," "I have to," or "I should" thinking here?
6. What advice would I give a friend or child who thought this way?

Self-Talk #1:

Self-Talk #2:

Self-Talk #3:

Self-Talk #4: