

The Power of Positive Self Talk Worksheet Answer Key

1. Consistent negative self talk becomes... Your brain's default way of thinking.
2. We need to become our - best friends - not our - biggest critics.
3. We have the power to mould our brains and... change our self-talk.
4. Using affirmations is not an overnight solution. It takes - patience - and - consistency.
5. Our beliefs control our - decisions - and - actions.
6. A limiting belief is a belief you hold to be true, but it goes against your - goals - and - dreams.
7. Your goals and beliefs are outside of your - comfort zone.
8. You can change a limiting belief into an - empowering - belief using affirmations.
9. Every thought you think and every belief you hold is either holding you back or - creating your future.