



THE TOTAL SELF LOVE TRANSFORMATION **PROGRAM**

Week 4: Mental Awareness Workbook

Part One: Awareness of Positive vs Negative Thoughts

A recap from the lesson:

1. Become aware of what words you use with yourself.

- Words in your mind or out of your mouth: be kind with all of the things you tell yourself. We have had enough years of awful stuff being said to you/about you as a child and even into adulthood. Berating yourself isn't healthy or even necessary: we are all doing the very best that we can in this moment with what we know.
- Recognize that our words are very powerful! Phrase your words in the most positive way possible. Think about terms like "kill two birds with one stone." Is that positive?

- Begin to be aware of how many times you put yourself down or say/think something negative about yourself. Write these down and see how many times you aren't being kind to yourself.
- Start to change negative thoughts and words to only positive. Keep track on paper and try to better your number tomorrow, getting a point of only positive, uplifting words.
- Create beautiful positive affirmations in every area of your life and repeat them constantly, especially when a stressful situation arises. Some examples:
 - Body: "My body is beautiful, healthy and fit and allows me to experience life."
 - Mind: "My mind is so calm and at peace."
 - Finances: "My income is constantly increasing."
 - Career/work relationships: "Everyone I work with sees me as an asset and works harmoniously with me."
 - Situations of self-doubt/shame/guilt: "I love you _____ (insert your name) and approve of you." (Best said looking at yourself in a mirror.)

A. In two columns - one with the title Positive and one with the title Negative – put a check mark in each column every time you have/had a positive - uplifting, gentle, nice, etc thought to or about yourself and others and a negative - judgemental, criticizing, etc thought throughout the day.

Then at the end of the day, count the number of positive and negative thoughts and see how many of each.

This isn't meant to shame you or make you feel bad, it's just cultivating mental awareness.

B. Go further - write in your journal what happened just before and during the thought. Did someone cut you off in traffic, or say something rude to you or give you a nice compliment?

Begin to become aware of what feeling you have/had in your body during each thought (positive or negative).

Part Two:

Negative Narrative - Think of a memory of when you did something that wasn't "good" or not by someone's standards, how did you feel and what was the narrative in your head? Examples could be, "you're wrong" "you're not good enough" "you always mess this up."

Positive Narrative - Now this time think of a memory when you did something "good" or "right" how did you feel and what was the narrative in your head? Some examples of positive narratives could be, "you did great" "you're the best at this" "you always get that right."

This is helping you create awareness of what narrative you are continually telling yourself, so that we can revisit it later and cultivate it (positive thoughts) or dissect it and heal it (negative thoughts).