

Rewrite Your Inner Voice

10 JOURNAL PROMPTS TO UPGRADE YOUR SELF-TALK

1. What are the 3 most common negative thoughts I tell myself?
2. Where did I learn to speak to myself this way?
3. What would I say to a friend going through what I'm going through?
4. What do I need to hear more often?
5. What's one compliment I can give myself today?
6. When was the last time I surprised myself in a good way?
7. What limiting belief am I ready to let go of?
8. How would my life change if I believed I was enough?
9. What is one thing I forgive myself for?
10. What empowering phrase can I start using daily?

