



Your Partner in Productivity, Profits and Accelerating Results!

Identifying and Changing Sabotaging Self-Talk

Negative self-talk and beliefs that are holding us back are nothing but head trash, which can sabotage our lives in so many ways. A big part of banishing head trash from our lives is becoming aware of it and consciously choosing to change the conversation.

Whether your head trash surrounds money, abilities, love, success, or something else, it's time to take out that trash!

I've created this simple worksheet to get you started thinking about your personal head trash, how you may be sabotaging your success and how you can start to change that.

Start with just a few things here – the most glaring or troubling in your life right now. Once you open yourself to the most obvious, you may find others pop to the surface where you can address them too. Just remember that it's not enough to just identify what has you stuck. You also need to think about what needs to change in you to turn it around. And one more thing... don't get further stuck by trying to figure out where the belief you now hold came from, because it doesn't really matter. What matters is what is true and what you believe NOW. I hope this helps! Experience has told me it will.

Your Mindset About Money -

Write down your thoughts about your mindset surrounding money. Do you have an abundance or a scarcity mindset? How is your money mindset affecting your life? What do you want your mindset around money to be?
