Flip Your Script

Danielle-Dowling.com

If rewriting your mental script seems easier said than done, it can be helpful to get some supportive, kind words down on paper. **We're going to really, literally *rewrite our feelings.***

Use the space outside of the circle to write down any negative thoughts you have. Let's use the inside of the circle to write the positive affirmation version of the negative thoughts.

For example, If you're feeling *flustered* and *unfocused*, write:
I AM a laser beam of productivity. I don't stray from my goals. I am centered and unflappable.

If you're feeling *dull* and *uninspired*, write:
I am filled to the brim with creative ideas. I see potential everywhere.

I AM...