

TRANSFORM YOUR THINKING AND UNLOCK YOUR POTENTIAL

Throughout your day, you can find yourself inundated with negative thoughts and emotions. At times, you may be acutely aware of them, while other times these thoughts and sensations pass through your mind with little to no conscious acknowledgement.

Such thoughts can result in unwanted emotions and recurring behavior (e.g. procrastination, self-sabotage etc.), which can have a lasting and real effect on your life.

Making time to reflect on and gain clarity of your mental state can provide you with insight into what kind of unwelcome thoughts, emotions and patterns you may be exhibiting. From there, you can begin to take action in order to transform the beliefs, thoughts, or perceptions that are holding you back, causing anxiety and stress or fueling self-doubt.

This exercise helps you gain clarity on the beliefs, perceptions or thoughts that are causing distress or unwanted patterns AND then transform them with the Cognitive Reframing Technique described on page three.

Follow the steps below to get started.

STEP 1: Identify a challenging situation, pattern or relationship that is unsettling or that fuels negative and unwanted emotions with you. Write it in the space below.

e.g., I don't make as much time as I'd like to apply for jobs that really interest me and I procrastinate on doing it...

STEP 2: Ask yourself probing questions about what you wrote in STEP 1. Write down what immediately comes to you in the space below.

Questions to consider:

- *How do I really feel about this?*
- *What do I think is making me feel this way?*
- *What self-talk / inner dialogue do I notice in my mind?*
- *What is standing in my way or causing resistance?*
- *What do I notice about myself when I think about this?*
- *What may be holding me back?*

e.g., I feel nervous about applying....I tend to tell myself that I don't have the experience to get the jobs that I want...

STEP 3: What is your biggest learning or realization from STEP 2 that you would like to take action to address? Write this in the space below.

e.g., I think my fear of rejection may be causing me to procrastinate?...

STEP 4: Transform your negative / unwanted belief, thought or perception with Cognitive Reframing. Write your discoveries and new way of thinking below.

Cognitive Reframing is a technique used in cognitive-behavioral therapy (CBT) to help individuals change their perspective or "reframe" the way they think about a situation, thought, or belief that is causing distress, emotional upset or unwanted patterns.

It involves identifying negative, unhelpful, or inaccurate thoughts and replacing them with more positive, realistic, and adaptive ones.

By challenging and evaluating the belief or thought to determine its accuracy and helpfulness, plus replacing it with a more positive or realistic one, you can develop more balanced and positive ways of thinking that can improve your mental healthy, confidence and wellbeing.

Questions to consider to help you challenge and reframe limiting beliefs and thoughts:

- *What do I feel like I can change about this situation or feeling?*
- *How would someone I admire view this situation?*
- *What's an alternative angle from which I can approach / look at this situation?*
- *What would happen if I approached this situation from a different angle?*
- *What's the big picture here?*
- *How can I approach this situation from curiosity and openness?*
- *What is the most empowering way to look at this situation?*
- *What is the best case scenario, and how can I work towards it?*
- *How can I use this situation to grow and develop?*

e.g., Rejection doesn't have to be a bad thing...it may be an opportunity to get some feedback so I can make adjustments to my resume or cover letter for the next jobs I apply for and keep improving...