

SORT YOUR THOUGHTS

FE/MININE
POWER

REALIZE -STEP TWO

Negative thoughts

"I'll never find love."
"I'm not smart enough to pass this exam."
"Nobody appreciates my efforts."
"It will never happen."
"Why can't I be as successful as others?"

Positive thoughts

"I am grateful for the opportunities I have."
"I am worthy of love and respect."
"I believe in my ability to overcome challenges."

Unnecessary thoughts

"What if I embarrass myself in front of everyone?"
"I can't stop worrying about something that might never happen."
"Why can't I be as successful as others?"

Productive thoughts

"What steps can I take to improve my skills?"
"How can I turn this setback into an opportunity for growth?"
"What resources do I need to accomplish my goals?"

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Unnecessary thoughts	Productive thoughts