

Think Your Way to Success Worksheet

1. What is the activity you are avoiding?
2. What are the reasons you tell yourself about why you avoid it?
3. Simplify it. If you had to tell a four-year-old why you don't want to do it, how would you say it?
4. Flip it around. What's the opposite statement?
5. Give me three pieces of evidence that prove the flipped thought is as true, or truer than the original thought. Be specific. List more than three if you think of them. Your brain will love proving them right! (Go to the next page to fill in your answers)

1.

2.

3.

And for extra credit!

4.

5.