

The image shows a spiral-bound notebook with a teal cover. The spiral binding is on the left side. The text is centered on the page. The title 'Supercharge Your Motivation' is at the top in a bold, dark grey font. Below it is 'MODULE 2' in a smaller, dark grey font, underlined. The main title 'Identifying My Automatic Thoughts' is in a large, teal, serif font. At the bottom, 'Lesson 3' is written in a smaller, dark grey font. The notebook has a teal spine on the right side.

Supercharge Your Motivation

MODULE 2

Identifying My Automatic Thoughts

Lesson 3



IDENTIFYING MY *AUTOMATIC THOUGHTS*

Supercharge Your Motivation
Authentika Academy
Authentika Consulting Inc.



IDENTIFYING YOUR AUTOMATIC THOUGHTS

Part A

Over the course of 2-3 “normal” days, try to be present for your thoughts and put a checkmark beside the thoughts you “hear” yourself say. For any thoughts that you think that aren’t listed in the worksheet, there is space for you to add in your thoughts. Please capture as many as you can.

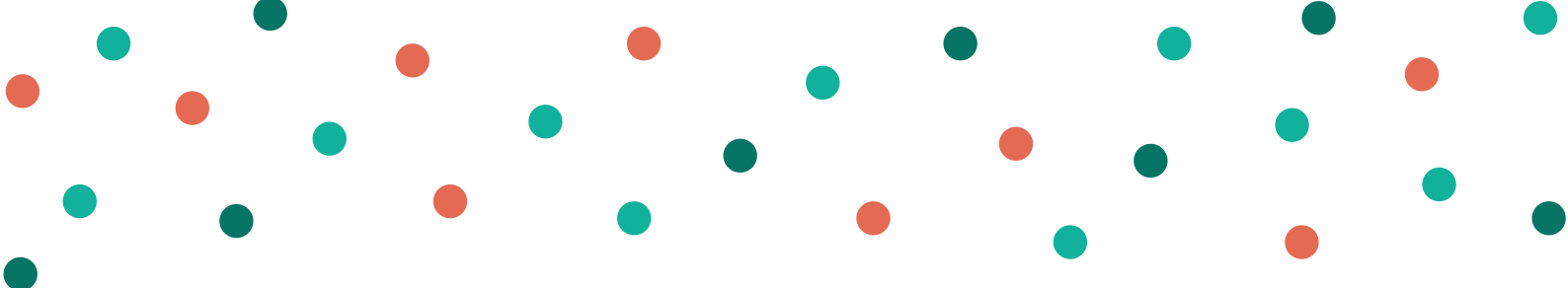
There are no wrong answers.

Automatic thinking represents beliefs you hold about yourself. They are a surface-level, stream-of-consciousness degree of self awareness.

The purpose of this exercise is to build a conscious awareness of the negative messages your unconscious mind makes in terms of descriptions, inferences or situation-specific evaluations.

Remember that you cannot control your automatic thoughts. They are reflexive reactions based on the beliefs you hold about yourself and the world. For a deeper exploration into your critical thinking patterns, please email info@authentikaconsulting.com to take the Hartman Value Profile assessment. (link: <https://authentikaconsulting.com/assessment-tools>)






The good news is that you can indirectly control your thoughts by challenging the beliefs that lead to them. For now, just capture your automatic thoughts as they surface.

Part B

Going forward, if you're working on a specific goal and feel stuck or lack the motivation to get started or continue, revisit this worksheet - Part A — to capture your automatic thoughts and the negative messages that block or inhibit your motivation.





Automatic Thinking

Do you hear yourself thinking any of these negative thoughts?

- There are just so many things wrong with my life.
- There is no point in setting goals because I will never achieve them.
- If it can't be perfect, what's the point in trying?
- I'm just not capable of much more than what I am doing.
- Too many people are depending on me. I don't have time to take on something new right now.
- My life is not going the way I want it to.
- I'm so disappointed in myself.
- I can't get started.
- Why can't I ever succeed?
- I've let people down.



I wish I were a better person.

I'm so weak.

I wish I were somewhere else.

My life is a mess.

I'm a failure.

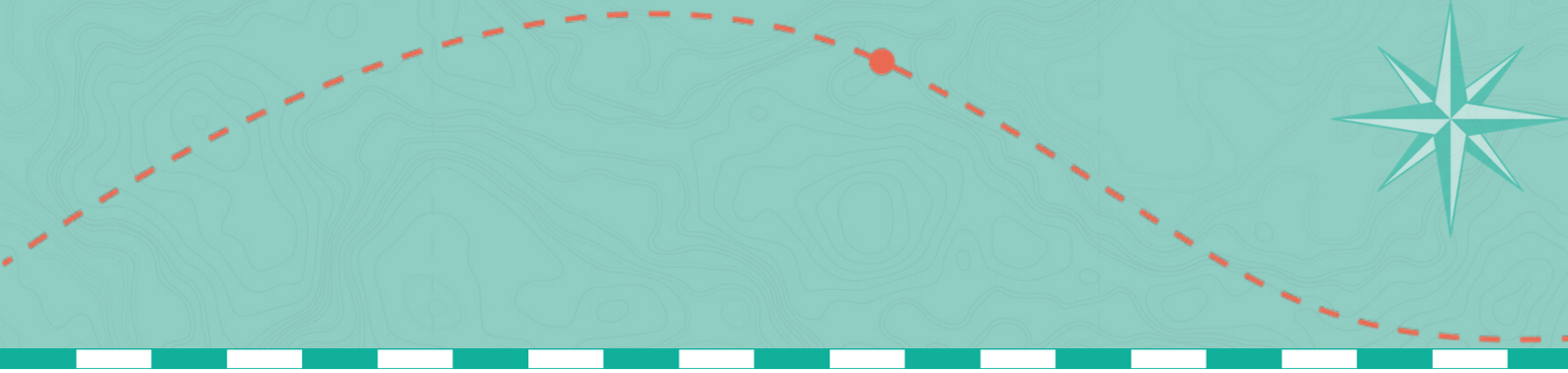
I'll never make this work.

Something has to change.

My future doesn't look bright.

It's not worth it.

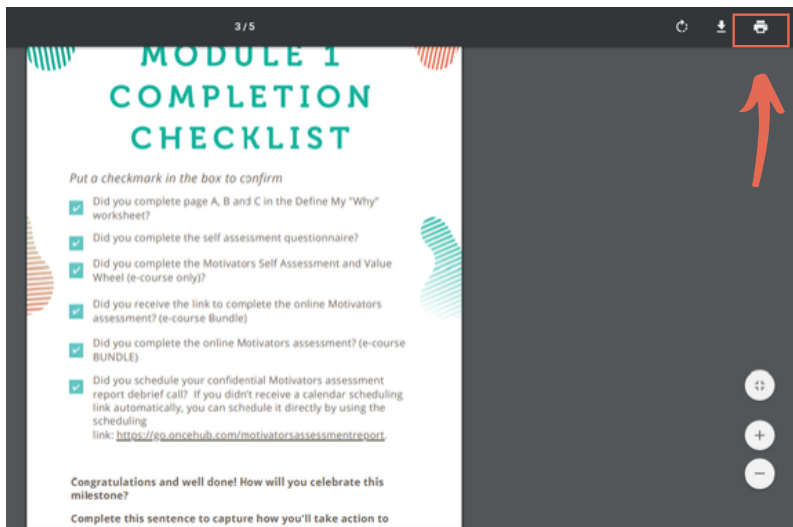
I can't finish anything.



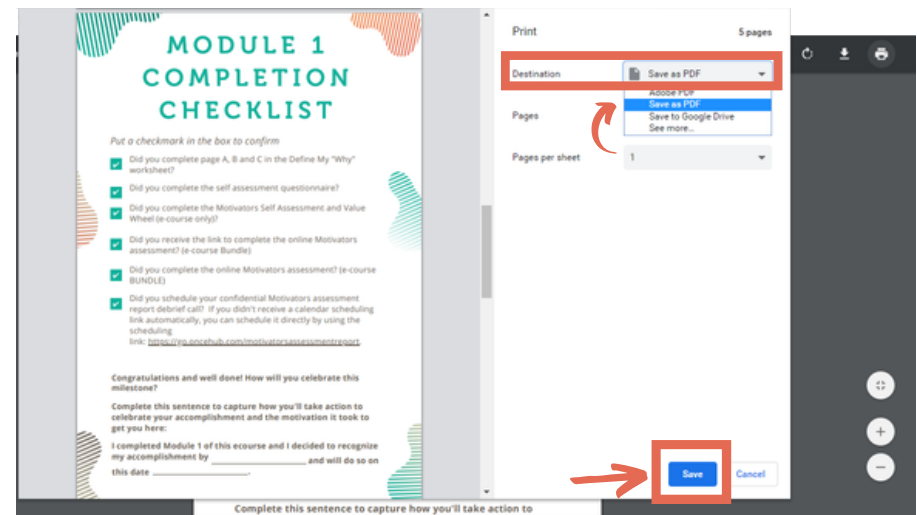
WHAT OTHER THOUGHTS DO YOU “HEAR” YOURSELF SAY?

Guide on how to save your worksheet

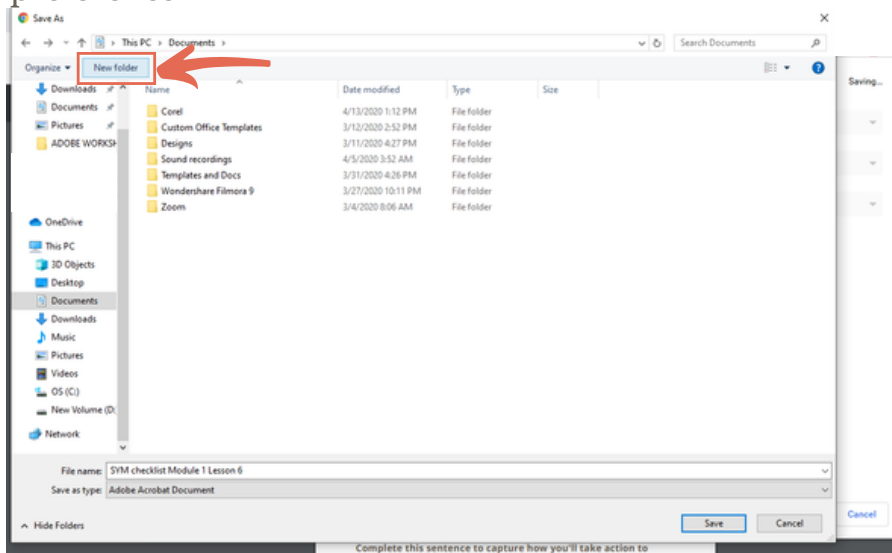
Step 1: Click on the print icon 



Step 2: Choose the destination of your file, select "Save as PDF"



Step 3: Create "New Folder" and name it base on your preference



Step 4: Click "Save" button

