

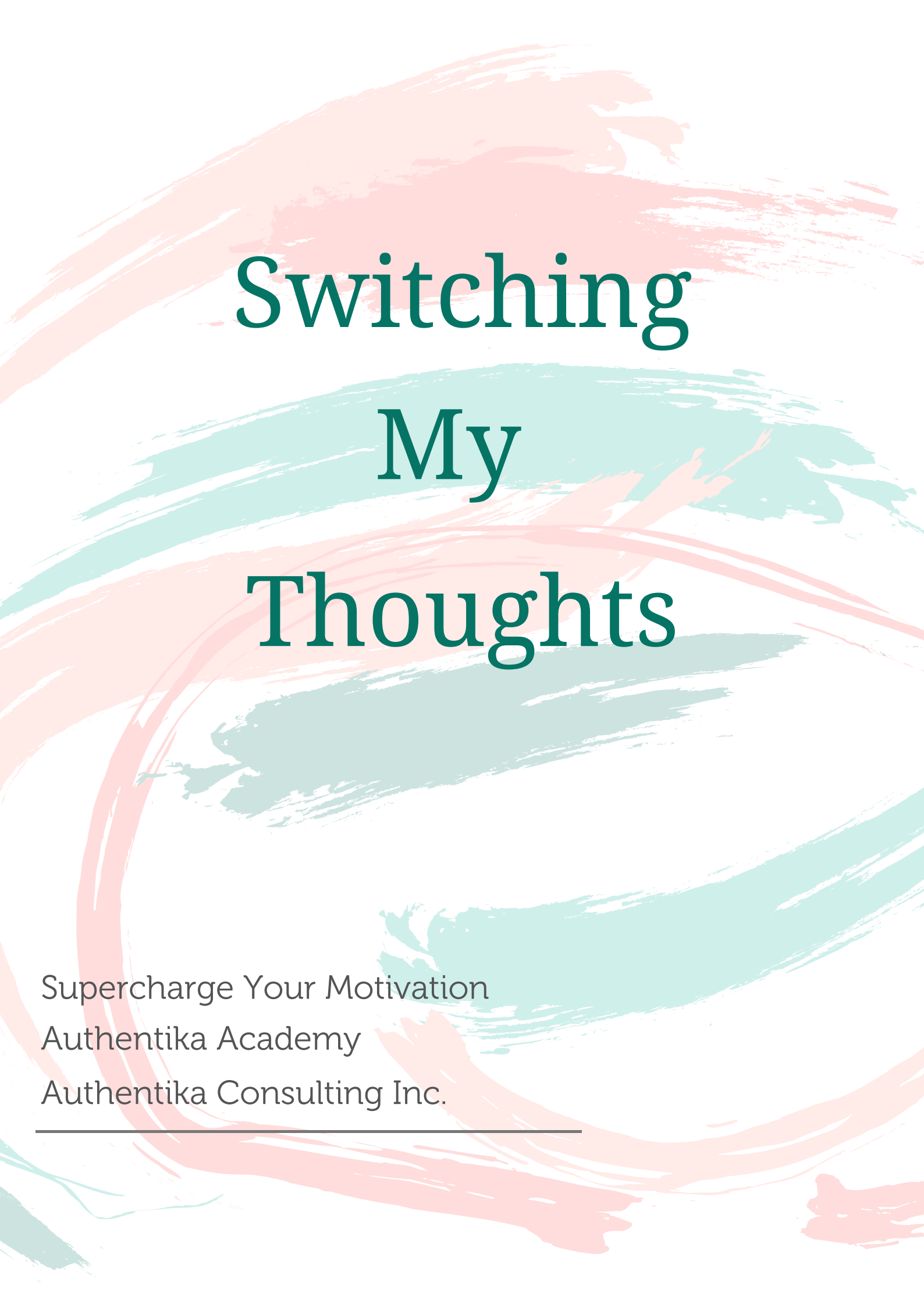


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MODULE 3

# Switching My Thoughts

Lesson 4



# Switching My Thoughts

Supercharge Your Motivation  
Authentika Academy  
Authentika Consulting Inc.

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# SWITCHING MY THOUGHTS

Begin this activity in a quiet place, free from clutter and distractions. Give yourself 20-25 minutes to complete this activity. On the left side of the page, note the negative thought you captured or a new one that came into your mind.

Now, challenge that negative thought by switching it out with a more positive, truthful replacement and put it in the column next to the negative thought. The reason for this activity is to encourage a habit of sourcing positive thoughts about yourself, your capabilities, and your strengths.

Next, please expand on that positive thought and consider how it might help you work toward accomplishing a task, a project or a goal. This part of the activity is designed to help you take action and fuel higher levels of motivation.

## An example:

A. Negative thought: I can't get started.

B. Positive thought: I have the courage to get started.

C. How it will help me accomplish my goal:  
Once I get started, I've overcome a big hurdle and I will build momentum from there.

Getting started is the hardest part and once I get started, I'll be one step closer to completing my goal.

# Automatic Thinking

Do you hear yourself thinking any of these negative thoughts?

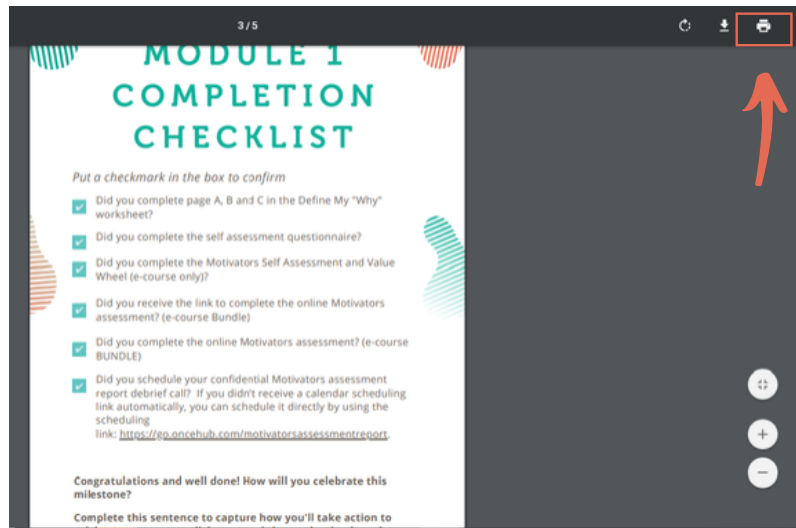
- There are just so many things wrong with my life.
- There is no point in setting goals because I will never achieve them.
- If it can't be perfect, what's the point in trying?
- I'm just not capable of much more than what I am doing.
- Too many people are depending on me. I don't have time to take 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.

# Switch out with positive thoughts

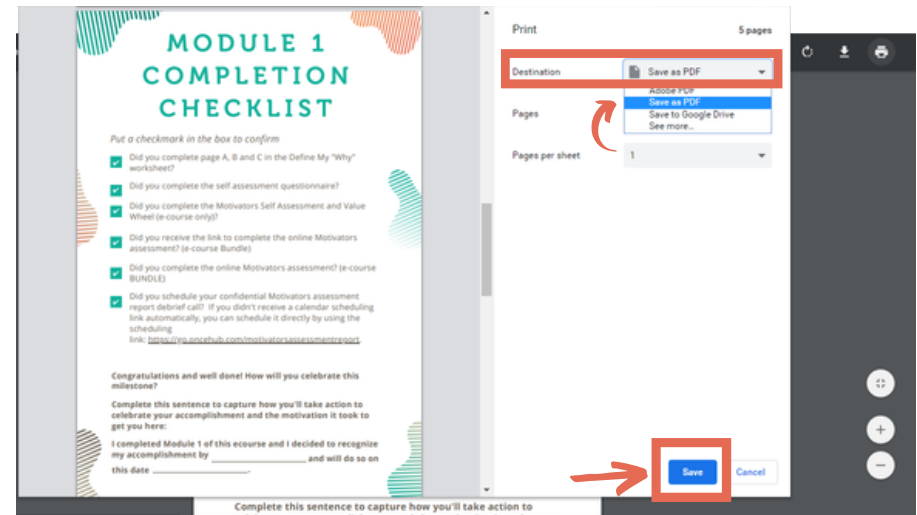
How might this positive thought help you accomplish your goal?

# Guide on how to save your worksheet

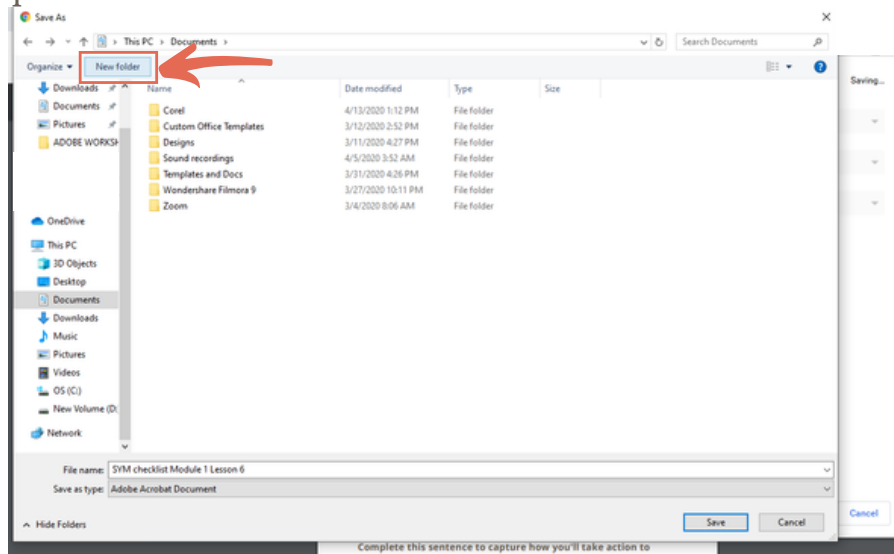
Step 1: Click on the print icon 



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

