

# Your step-by-step guide for reframing negative self-talk

Welcome! I'm so proud of you for taking the time to invest in your self-development. This worksheet is designed to help you identify and challenge negative thoughts that may be holding you back.

When building it out, consider the various aspects of your lives you may be experiencing self-doubt, such as your career, your relationships, or personal development. Whether you are struggling with imposter syndrome, fear of failure, or perfectionism, this worksheet will provide you with the tools and strategies to overcome those challenges and move forward with confidence.

Once you complete this worksheet, you will have a tool to come back to whenever you feel those negative thoughts creep back in.

Print the next page, bring it with you to a quiet spot and let's get started.

*You got this!*  
*Love, Marie*

# Guide for reframing negative self-talk

## Step 1 - Awareness

Write down the situations or activities that trigger self-doubt

*Ex: Speaking up in meetings*

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## Step 2 - Identification

Write the negative beliefs that you have about yourself related to those situations

*Ex: My opinion won't matter to them, they have so much more experience than me*

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## Step 3 - Reason

Identify why you have the beliefs you indicated in step 2.

*Ex: I'm still somewhat junior & I'm not great at expressing my ideas clearly*

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## Step 4 - Reframe

Replace your negative thoughts from step 2 into realistic or positive thoughts

*Ex: They hired me because they knew I could bring value to the team. They want to hear my ideas.*

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## Step 5 - Best case scenario

Ask yourself: what's the BEST that could happen if I overcame this fear

*Ex: They would be really impressed with my thought process & ask for my opinion more often*

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