



*Dr. Keely's*

# Mindset Matters

## WORKSHEET

Change starts with awareness. Pay attention and listen to your thoughts. Do you ever find yourself having self-defeating thoughts? When you catch yourself, try re-framing these thoughts with an empowering truth.

### SELF DEFEATING vs. EMPOWERING

Instead of ...

Say this ...

It's too hard. I have tried before and I always fail.



I can do hard things. I can't predict the outcome. But if I try "different, not harder," I believe I can succeed.

I am too tired.



I'm tired because I don't take care of myself. If I don't make a change, this problem will get worse. I give myself permission to go gently.

I don't have time.



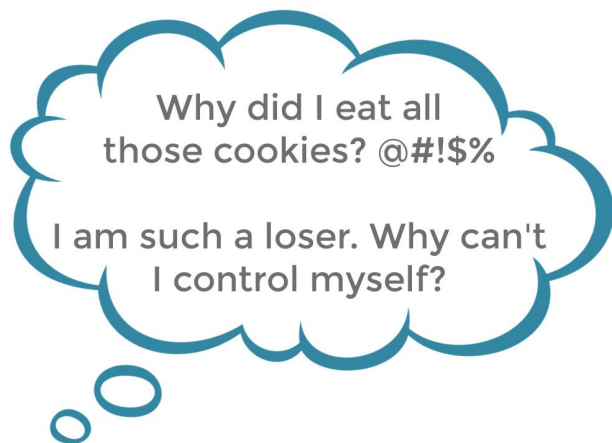
Self-care is non-negotiable. I can't pour from an empty cup. I am making myself a priority.

# REFRAMING EXERCISE

The purpose of this exercise is to help challenge and REFRAME self-defeating thoughts. To do this you must first uncover the core belief that is fueling this negative self-talk that is keeping you stuck.

## STEP 1

Name a self-defeating thought you've had in the past (this is the "core belief")



Consider the following questions when creating your REFRAME

Is this thought kind, helpful or true?

Is the story I've attached to this thought helping or making me feel worse?

Would I say this to a friend?

## STEP 2

Is this thought kind, helpful and true?



It feels true, but it's not kind and I wouldn't say it to anyone else.

What do I need at this moment to help me feel better?



I am tired. I need to put my feet up and rest for a little bit.

How can I REFRAME this thought so it feels true and is more helpful?



## REFRAME

I don't need to eat perfectly. I am committed to doing my best and not beating myself up.

## STEP 3

**ASK:** Does the REFRAME feel as true as the core belief?

If not, continue adjusting the reframe until it feels equivalent.