

## The New Self Awareness Exercise

Below you are going to list all the things you say to yourself that is negative. Think of everything you say on a consistent basis about yourself that doesn't support you:

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Now it is time to take your list of things that are negative (not true) and turn them into positive affirmations. **Remember to keep them in the present tense and keep them positive, as these will be the new things you believe about yourself:**

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