

## CHANGING YOUR INNER DIALOGUE

Take a moment to reflect on your inner dialogue and listen to the words you speak. How often are they negative? Do they reflect your desire to live a life full of gratitude? Use the exercise below to choose new language to cultivate gratitude.

Example:

Current speech		Change to
"I have to..."	⇒	"I get to..."
_____		_____
"I can't..."	⇒	"I can learn to..."
_____		_____

Now, it's your turn!

Current speech		Change to
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____
_____	⇒	_____

