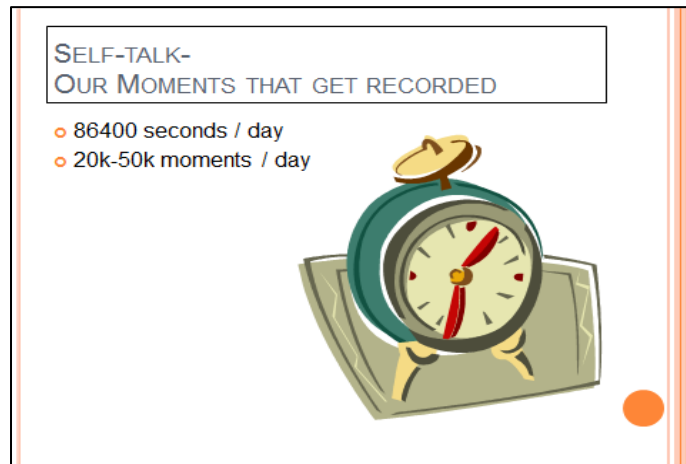


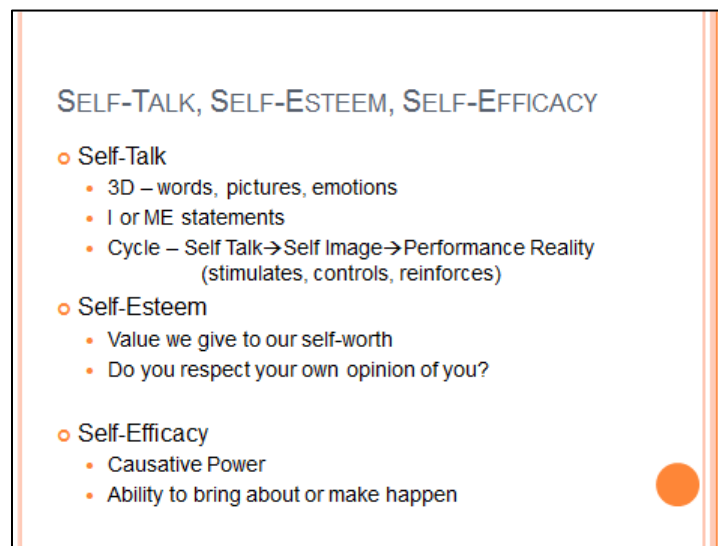


SELF-TALK



🔥 3D SELF-TALK CYCLE – Words trigger Pictures, and Emotions are attached to everything.

🔥 We build up a self-image from our self-talk.



Application Question/Activity:

Before going to bed at night, ask:

1. What was the BEST part of the day, and why?

2. What am I looking forward to tomorrow?

3. What do I deserve to have, be, and/or do?