# CREATING AWARENESS OF YOUR INNER VOICE AND MESSAGING

What is your mental messaging? What are you telling yourself that is not the truth?

Write down the messaging (what that voice in your head is saying) as this is the messaging likely to be sabotaging your efforts. Then write down what your logical mind knows to be true and real.

| MESSAGE | TRUTH |
|---|---|
| *Example: This won't work for me.* | *This will work if I stay focused and consistent.* |
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