

## Part 2: Cultivating a Supportive Inner Voice

*Please respond to each question in the space provided.*

1. Daily Affirmation:

Write down a daily affirmation that challenges a negative belief about yourself.

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2. Gratitude Practice:

List three things you appreciate about yourself or your achievements from the past week.

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- ii. 

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- iii. 

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3. Creative Expression:

Create a piece of art, writing, or music that expresses a positive aspect of your inner voice.  
(Attach or describe your creation.)

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4. Mindful Moments:

Reflect on a moment this week where you consciously shifted your inner dialogue. What prompted this change?

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5. Growth Mindset Focus:

Identify a recent failure or setback. What lessons did you learn from it?

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6. Resilience Building:

Recall a time when you overcame a significant challenge. How did your inner voice support you during this time?

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7. Engagement Challenge:

Share your affirmations or positive self-talk with a friend or family member. What was their reaction?

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8. Visualizing Success:

Picture your ideal self with a supportive inner voice. What qualities does this version of you embody?

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9. Celebrating Progress:

What small steps have you taken towards a positive mindset this week? Celebrate one of

these wins.

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10. Empowerment Statement:

Write down how you will take control of your inner voice in a challenging situation you anticipate this week.

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