

## Exercise One: Identify Your Patterns

This first exercise is all about realizing we're not the only ones standing in our own way. Look at the landscape and think about the things that make your self-sabotage worse. Cut out those negative voices, so you're starting from a good place.

### 1. Journal Your Day

Spend a day monitoring exactly what makes you feel down, jotting it down or making a mental note. The more detailed, the better.

### 2. Notice Your Patterns

Pay attention to what makes you feel excited, and what makes you doubt yourself. List three "highs" and three "lows" from your day, and what you were doing during each:

| I feel energized when: | I feel drained when: |
|------------------------|----------------------|
|                        |                      |
|                        |                      |
|                        |                      |

Not sure? Track a few more days, or a week, to see if patterns start to emerge.

### 3. Neutralize Negativity

Minimize negative voices that drain your energy to make space for the things that make you feel good. Use the space below to brainstorm:

|  |
|--|
| What will you do more of, and how?       |
|  |
| What will you mute or minimize, and how? |
|  |