

## Love Yourself Healthy Challenge - Day 2 Worksheet

We are tuning in to that voice in our heads today. This worksheet is designed to give you a place to write down every negative or positive thing you say to yourself today. Tune in and see what comments your internal voice makes about your body, your food choices, your activities, your parenting style, what you say, what you do, etc.

Don't judge yourself as good or bad based on these thoughts - just observe them and notice if the thought itself is positive about you, negative about you, or neutral. Use this worksheet or keep track in whatever way works for you.

To keep it simple: Write down ONLY your thoughts as you have them on a blank piece of paper, a note on your phone, or use a voice recorder on your phone.

To go more in depth (optional): Use format below to dig a little deeper and look for patterns or reasons for the thoughts.

The Thought	The Environment	What Happened Before	Positive, Negative, Neutral
<u>Example:</u> I will never be able to write down all my thoughts	At work desk		
today, so I don't know why I should even try	8:00 a.m.	Looked today's list of	things to do at work
<u>Example:</u> I am awesome because I drank all my water!	Driving home	from work	Finished last bottle of
			water

The Thought	The Environment	What Happened Before	Positive, Negative, Neutral