

USE YOUR INNER VOICE TO DISCOVER YOUR POSITIVE ATTRIBUTES AND GOALS

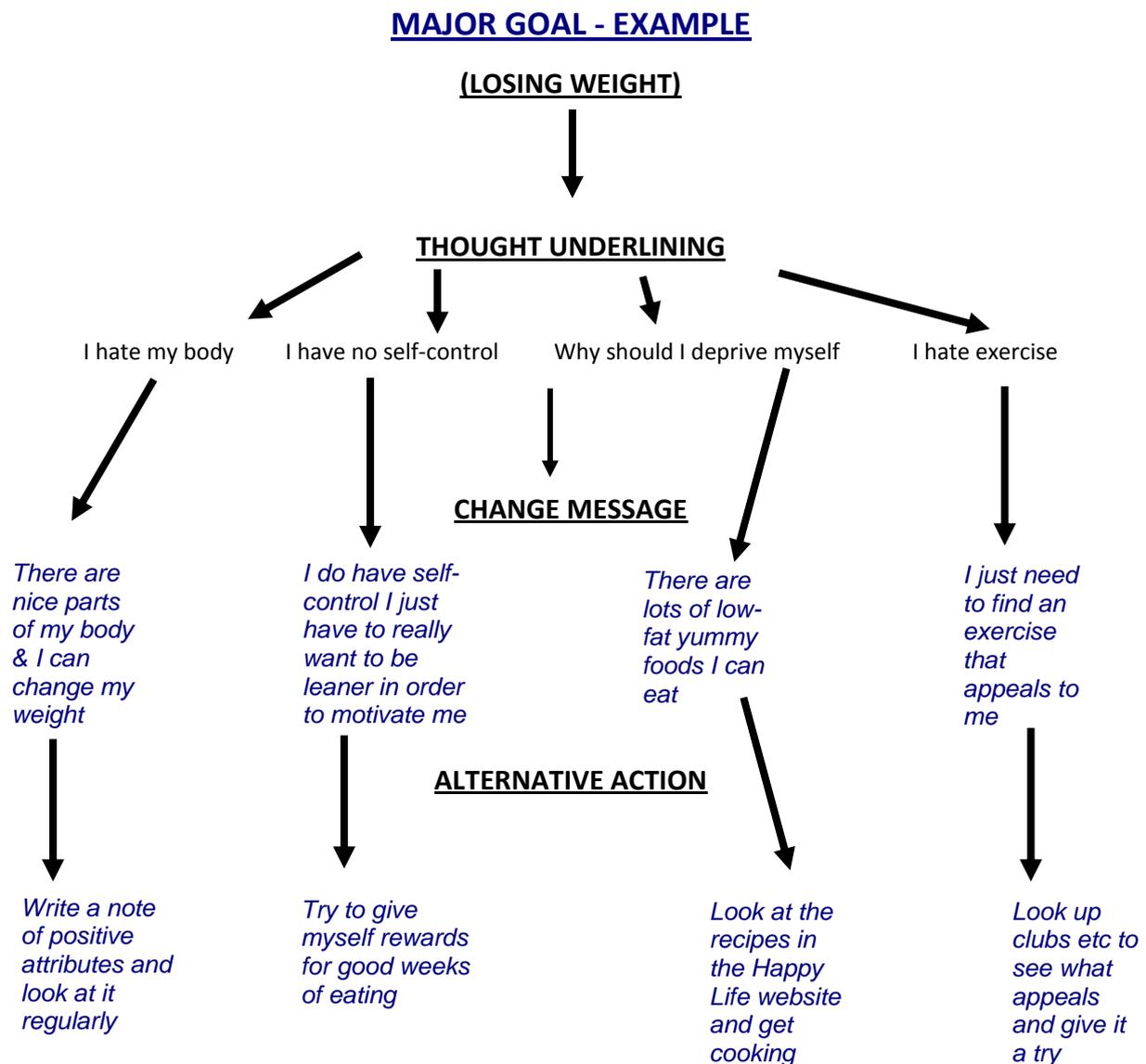
On a piece of paper draw a line that divides it in half. On one side write all the positive aspects of yourself and on the other write down all the things that you'd like to change and why. Now ask yourself have you ever tried to change these negative things and why weren't you successful at it. These can be anything from changing your weight, to getting a new job, or moving out of home. Use the example below as a guide.

POSITIVE ASPECTS	NEGATIVE ASPECTS	Have you tried to change the negative aspect?	Were you successful?- Why/why not?
1. I'm a good listener	1. I'm fat	YES – often	NO-because I feel I have no self control
2. I have nice hands and eyes	2. I hate my thighs	YES	NO-because I never lose it off here
3. I'm nice to people, esp. friends/family	3. I'm ugly	NO	NO-I can't even try because I'm so fat
4. I'm tall	4. I eat too much and can't stop	YES	NO-Crash diets drive me nuts

GOALS: Lose weight, feel more confident about appearance

FEARS: Not succeeding at the diet, losing control, or starving

It is often easier to realise your dreams and goals when they are written in front of you. Now look at the **positive side**. **These are the attributes that you're going to use to build on** your self-esteem and to give you the strength and courage to achieve your goals. Now look at the negative side. Your thoughts behind these negative beliefs are evident in column 4 and are holding you back from achieving your goal. These are the ones we are going to work on. Your goals will be based on the things which you'd like to change. However, it's necessary to break down these goals so that you know how to go about achieving them. You can do this by following the example guide below.



Once you break down each of your personal goals (as shown in the above example) you'll be able to see exactly what you need to do, step by step, to achieve them. Follow these guidelines and if things don't go according to plan you can re-write the goal structure to cope with the new problem that has arisen.

It is also important to remind yourself of your goals and to affirm your positive beliefs about yourself over and over again to convince yourself that you can achieve them. Regardless of what your goal is, remind yourself of why you want this goal – EVERY DAY. If you tell yourself

these things over and over again, you will believe them and it will change the way you approach each day. It is such a simple technique. Keep track of what you want and tell yourself every day that you are going to achieve your dreams and you will.

IF YOU BELIEVE YOU CAN DO SOMETHING YOU WILL BE ABLE TO DO IT