A Story That Serves

What I
Tell Myself

Name:

A Story That Serves

What I've Told Myself	What I Believe & Now Tell Myself	How Often/Action Taken
Positive		M: ☐ _____ T: ☐ _____ W: ☐ _____ Th: ☐ _____ F: ☐ _____ Sa: ☐ _____ Su: ☐ _____
Neutral		M: ☐ _____ T: ☐ _____ W: ☐ _____ Th: ☐ _____ F: ☐ _____ Sa: ☐ _____ Su: ☐ _____
Negative		M: ☐ _____ T: ☐ _____ W: ☐ _____ Th: ☐ _____ F: ☐ _____ Sa: ☐ _____ Su: ☐ _____