

CHANGE THE HEAD TAPE



Next Steps - Worksheet 1/3

✓ KEY CONCEPTS

- *What we think directly influences how we feel and how we behave.*
- *When we draw a conclusion about ourselves, we're likely to do two things; look for evidence that reinforces that belief and discount anything that contradicts it.*
- *By generating a more positive outlook, we can create better outcomes.*

Step 1 ✓

Think about the last time you experienced Imposter Syndrome or self-doubt. Now, make a note of all the thoughts you had at the time.



Step 2

Add each thought from Step One to the table below and consider if it is totally true, partly true, or totally untrue.

Thought	Totally True	Partly True	Totally Untrue

Insights and notes



Step 3

For each of the thoughts you identified in Step Two, create a new, more helpful story (Head Tape) that you can tell yourself.

Unhelpful Thoughts

New Head Tape
