





DEFEAT the negative self-talk

***L*ook with clarity**

***I*nspect the intent**

***E*xamine the TRUTH**

***S*peak the TRUTH**



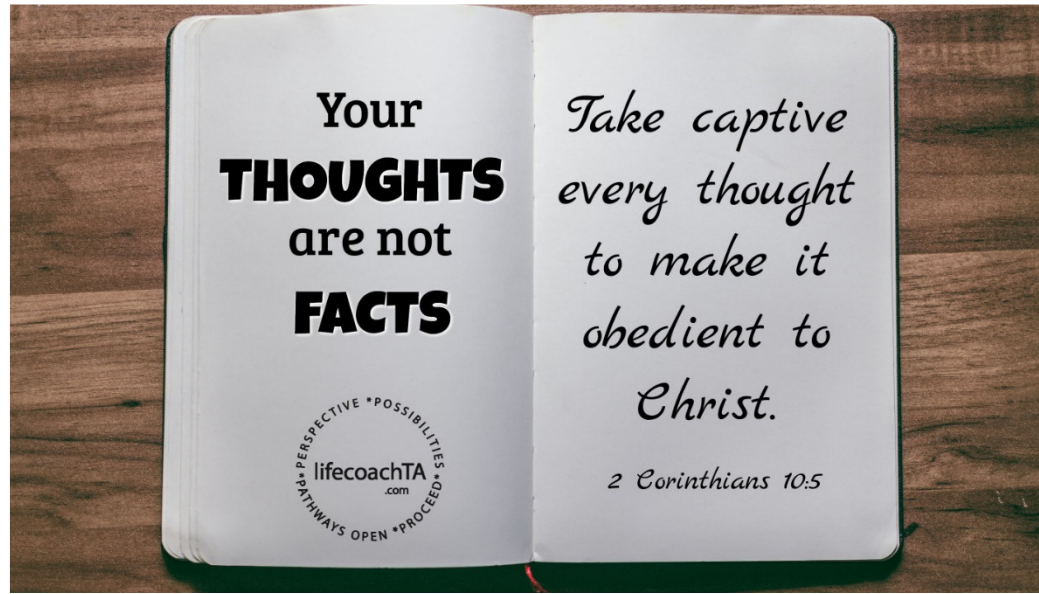
Think about some of the LIES you tell yourself. Write them here.



**Don't believe
everything
you think.**

Guard your thoughts. - Prov 4:23

Defeat the LIES of Negative Self-Talk



Write phrases and Scripture to remind you to 'guard your thoughts'.

A silhouette of a woman lifting a child into the air, set against a warm, golden sunset background over the ocean. The sun is low on the horizon, creating a bright glow and reflecting on the water. The woman is on the left, reaching up, and the child is in mid-air, arms outstretched.

Self-Talk

**If you wouldn't say
those words to your
daughter, don't speak
them to yourself.**

**She speaks with wisdom, and faithful
instruction is on her tongue. - Prov 31:26**

LIFECOACHTA.com

The LIE tells me.....

The TRUTH is.....

Write out the TRUTHS you are declaring.



Looking for more information?

