

# NEW YEAR

## *New Mindset*

There is nothing wrong with you, you do not need to be fixed.

You do, however, most likely need to upgrade your thoughts, beliefs, and behaviors so that you can be your most resilient self this year.

I don't promote extreme behavior change; I do encourage incremental healing.

Here are some steps to integrate into your New Year both behaviorally and cognitively (aka your actions and thoughts).

### **Step 1: Witness, Question, and Reframe Your Thoughts**

#### **Examples of Witnessing, Questioning, Reframing:**

What thought evokes unpleasant emotion? Is it true?

Is there evidence for it?

What is the likelihood of it being true in my life right now?

Does this thought serve me?

Is there another perspective that could be true?

Who could support me in this?

What do I need to practice to get through this?

What characteristics do I need to embody or embrace?

What could be best case scenario?

Have I ever been through something like this before?

Who/What helped in the past?

**Add your own here:** \_\_\_\_\_

## Step 2: Practice Compassionate Self-Talk

Your words influence your emotions and actions. Choose your words wisely.

### Examples of Compassionate Self-Talk:

I practice patience with myself.

I will try to be more compassionate or encouraging.

I will try to soften my criticism or judgment.

I will suspend judgment for the moment and just be.

I stay connected to the present moment.

I avoid making assumptions.

I practice not taking things personally.

**Add your own here:** \_\_\_\_\_

## Step 3: Practice Letting GO of what doesn't serve you

**Letting GO = Giving it Over**

What is one thought I'd like to release? \_\_\_\_\_

What is one behavior I'd like to release? \_\_\_\_\_

What is one belief I'd like to release? \_\_\_\_\_

Congratulations, you have made some incredible advances toward your healing, clarity and shifting your mindset for the New Year.

Just like showering, we need to maintain our mental health daily, it is not one and done. Be sure to come back to this worksheet often when you are feeling off kilter and needing a reset.

Your mental health cannot be separated out from your physical health so be sure to attend to both always.

*Sending you lots of good mental health juju and healing vibes.*