Self Coaching Workout

It is suggested that we can create the results we want in our lives, if we think more intentionally. When a circumstance happens in life, we have a thought about it, and the thought we have triggers a feeling within us. The feeling causes us to take certain actions, and if we continue to take those same actions repeatedly over time, we will create specific results in our lives. Use this self-coaching workout as a guide to help you create thoughts that will better serve you. In the space below list a circumstance in your life that you feel negatively about. Write your thoughts about it, and list the feelings that you experience because of those thoughts. List the actions you take when you have those feelings and the results you get from continually taking those actions. After completing the left section of the page, create a replacement thought; a thought that you believe 100%, and that feels better then your original negative thought. List the feelings that the replacement thought causes within you and the actions that the feelings make you want to take as well as the results you will get from taking those actions. Practice thinking the replacement thought instead of the negative so that you can get more of the results you want. It's important that you put forth effort to think the new thought instead of the old one. Listed below is a sample thought and replacement thought.

Circumstance: F on progress report **Initial Thought::** I'm so stupid. **Replacement: Thought:** I'm capable of learning.

Circumstance:

Initial Thought

Negative

Replacement Thought

Positive / Neutral

Thoughts

Feelings

Actions

Results

Replacement Thoughts

Feelings

Actions

Results

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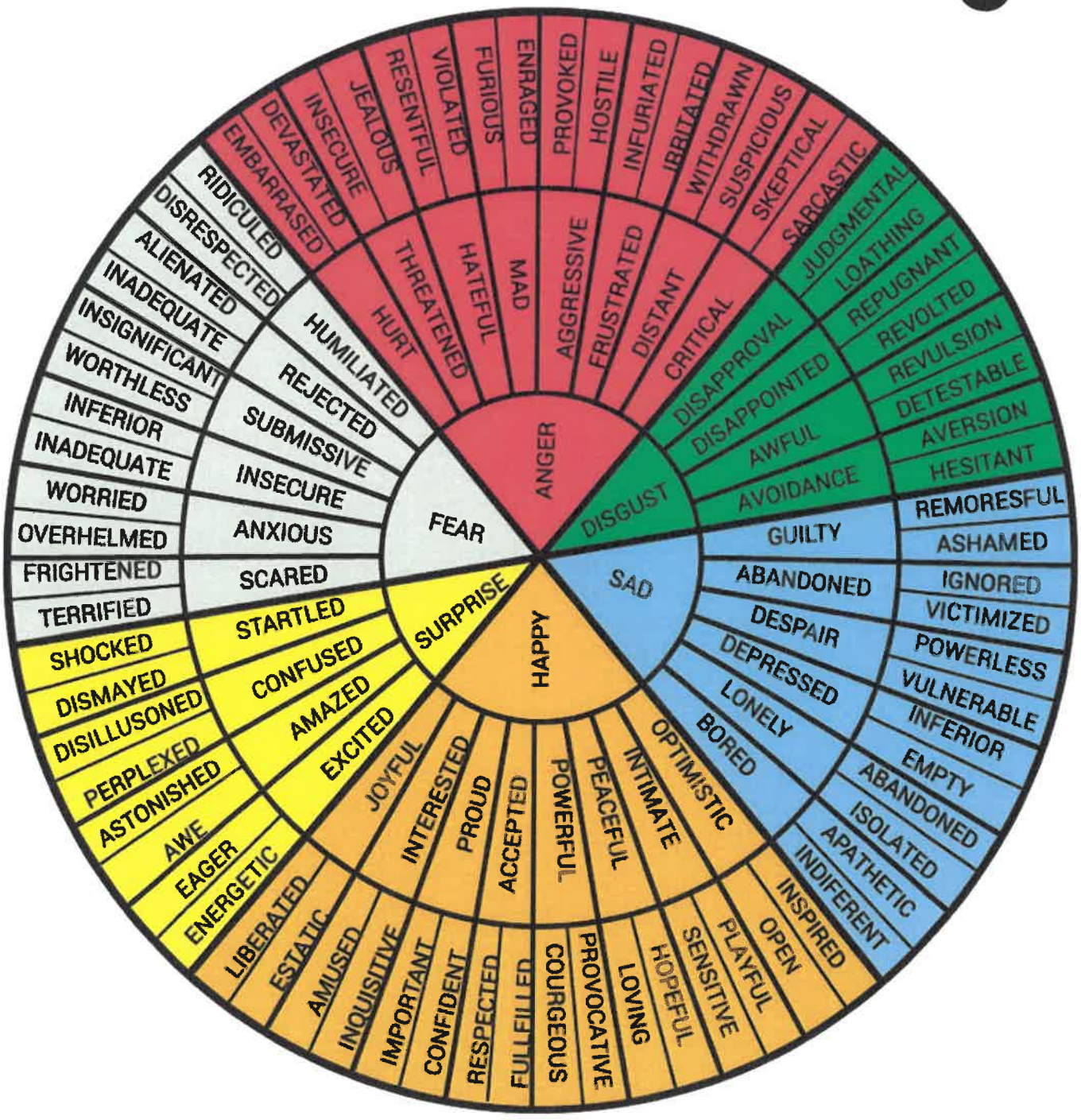
Based off of the Self Coaching Model created by Brooke Castillo at TheLifeCoachSchool.com

Wheel of Feelings



Thought Cleanse Workout

To complete a Thought Download you must write down all of the thoughts that you are having about a particular circumstance. Use this Thought Download Workout as a guide to help you think more intentionally and view your circumstance from a more positive perspective. In the circumstance box below, write the circumstance in your life that you feel negatively about. In the thoughts section, write down all of the thoughts that you are currently having about the circumstance. After listing all of your thoughts, read your entire list and mark the top 3 thoughts that are causing you to feel the most negative energy. In the *Replacement Thoughts* section write a few replacement thoughts for each of the 3 thoughts the you marked. A replacement thought should be something that you believe 100% and should feel better then your original thought. Practice thinking the new replacement thoughts instead of the thoughts that are causing you to feel negatively. A sample replacement thought is listed below:

Circumstance: Laid off from job **Thought:** My life is ruined **Replacement Thought:** There are other job opportunities.

Circumstance :

Thoughts

Replacement Thoughts

Replacement Thoughts

Replacement Thoughts

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