



The Model

Circumstance

Start with this column 

Thoughts

Feelings

Actions

Results

Once completed, work through the opposite column with your reframed thoughts.



Reflection point: Do your results reinforce the thoughts you started with in each column?

Self-Sabotage

How do I self-sabotage?

Describe what my self-sabotage looks like in practice

What situations am I most likely to self-sabotage?

What things do I say to myself to justify my actions?

What am I trying to protect myself from?

Thought Strategies

I commit to using these strategies to manage my thoughts

My biggest takeaway from this masterclass is...

Next steps...

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- ✦ Join our next award-winning Power Room cohort by visiting www.theacademe.co.uk/individual/powerroom
- ✦ Book a free 30min call with me to discuss ways to make permanent changes to your confidence. Visit www.theacademe.co.uk and click on 'book a call' button.