

No. #1 in "The Warrior Woman's Guide To Creative Reinvention" **Build Me** Series

iPad

82%

Build Me - Build My Business

HOW TO OVERCOME

Negative Self-Talk



Warrior Women Hope



Table Of Contents

- 1** Notice The Triggers
- 2** Name The Voice
- 3** Reframe With Compassion (Release & Replace)
- 4** Release & Replace
- 5** Acknowledge Your Results - It's A Win!
- 6** Anchor With Affirmations
- 7** List Of Things I'm Thankful For This Week
- 8** Gratitude - To Calm Your Mind
- 9** Practice Consistency
- 10** Night Journal & Morning Preparation

Notice The Triggers

Today is:	Mon Tue Wed Thu Fri Sat Sun	Date:
-----------	---	-------

What Were My Triggers Today?	What Negative Thought Did I Have?
Pay attention to when negative self-talk appears. Is it during work, social interactions, or when trying something new? Write these down.	
☐ e.g. I didn't get the raise I was promised..	e.g. my boss doesn't appreciate me..
☐ e.g. my best friend cancelled on me	e.g. I'm not that important to her.
☐	
☐	
☐	
☐	
☐	
☐	
☐	

How Did It Make Me Feel?	What Did I Do To Stop It?
e.g. As if I need more autonomy + control	e.g. x3 deep breaths & remembered my wins
e.g. Unloved - our friendship doesn't matter	e.g. reflected - (I cancelled a while back too)

Name The Voice

Today is:	Mon Tue Wed Thu Fri Sat Sun	Date:
-----------	---	-------

[illegible]

How did it make me feel? Draw it!	What action did I take?

Reframe With Compassion

*Ask yourself: "If my best friend said this about herself, what would I say back?"
Replace criticism with encouragement.*

Let's look at some common negative thoughts that we can realise (notice that we're thinking it) then **release and replace**.



Reframe them into positive, encouraging thoughts that will raise our vibrational frequency & make us feel better about ourselves and the world around us.



1. From "What's wrong with me?" to "What's possible for me?" Too often we internalize failure & setbacks as personal flaws. but reinvention begins when you stop blaming yourself and start asking, "What's next? What could this become?" Possibility becomes your fuel & you stop chasing perfection.
2. From "I missed my chance" to "This is my turning point." Age, illness, divorce, or career stagnation can feel like endings - but Reinvention starts when you see your story not as over, but as ripe for rewriting.
3. From "I have to do this alone" to "I am supported and seen." Isolation kills momentum; 'community' is a necessity - whether that's family, friends or your 'tribe'. Surrounding yourself with aligned support is wisdom that will help you succeed.
4. From "I'm too much / not enough" to "I'm exactly what's needed." Self-doubt and comparison are creativity's biggest enemies. Reinvention asks you to own your unique voice, your lived experience, and trust that your story has value because of your struggles - not in spite of them.
5. From "I need a plan" to "I need a purpose." Purpose is what sustains you. The Warrior Woman stops chasing trends and starts building something aligned with her values. Reinvention is soulful, not superficial. So, if you're feeling called to reimagine your life, career, or creative identity,

The Warrior Woman's Guide to Creative Reinvention is a mirror, a map, and a mantra for your next bold move. Keep going. Your creativity didn't disappear — it's just waiting for you to believe in it again.

Release & Replace

TODAY I RELEASE...

"Today, I release control over an outcome"

TODAY I REPLACE IT WITH...

"I trust that my life is unfolding naturally"

Acknowledge Your Results – It's A Win!

My Checklist - how are you doing? Keep going - you don't have to be perfect!

SUN	MON	TUE	WED	THU	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Anchor With Affirmations

Week:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

List Of Things I am Thankful For This Week

Write or draw the things that you are grateful for right now - in these moments.

MONDAY		TUESDAY	
WEDNESDAY	THURSDAY		FRIDAY
SATURDAY		SUNDAY	

Gratitude – To Calm Your Mind

PEOPLE & PERSONAL

ONE GREAT IDEA

MEMORIES

PLACES

MATERIAL THINGS

TODAY I AM GRATEFUL FOR

I LAUGHED TODAY BECAUSE

THESE PEOPLE BROUGHT ME JOY

THESE INSPIRED ME TODAY

Night Journal & Morning Preparation

Mon | Tue | Wed | Thu | Fri | Sat | Sun

HAPPY MOMENTS OF THE DAY

WHAT MADE ME SMILE TODAY

--

MY THOUGHTS

--

LESSONS LEARNT TODAY

--

TOMORROW IS A GREAT DAY BECAUSE

--

For more resources on financial freedom using your creative gifts - there are more eBooks in 'The Warrior Woman's Guide To Creative Reinvention!' Series.

Just click on the link in the Thank You page below.



thank you

warriorwomenhope.com

