Reflection Prompts for Creating Change

1. What are some of the negative cognitions I tend to have?

2. What are some of the positive cognitions I tend to have?

3. Are there any discrepancies between my cognitions and my actions?

Moving forward...

4. How did I show up for myself today in a way that was energizing?

   - **Examples:** Held healthy boundaries, assertive communication, felt uplifting, empowering, resilient, etc. These behaviors should be aligned with positive cognitions.

5. How did I give my power away today?

   - **Examples:** Felt disempowering, passive communication, held porous boundaries, procrastination, perfectionism, etc.

6. What are the changes I want to make to be a healthier/more optimal version of myself?

7. What will these changes do for me?

8. Why are these changes important?

9. Why do I want to make these changes now?

10. How do I imagine myself to feel (physically, emotionally, mentally) if I were to sustain these changes?