

# My Ranting Self Talk

Your self-talk is with you 24/7, so taming it will make a huge impact.

What is your main ranting self-talk message? What does it do to even acknowledge it?

---

---

---

---

Is my ranting self-talk based in Love or Fear? What would changing it mean to you?

---

---

---

---

---

---

---

---

What difference has making fun of the ranting self-talk made to you?

---

---

---

---

---

---

---

---

What can you no do to tame your ranting self-talk?

---

---

---

---

---

---

---

---