

9 August 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Going Behind The Obvious

*Regularly keeping a self-talk diary helps with identifying patterns of thoughts, triggers and reactions but this week's challenge will take this a bit further because sometimes, we need to dig deeper.*

*Each day, take of the statements you catch yourself saying all the time & go through the process until you reach the deep-root cause. Here is an example: 'I don't want to be alone'. The obvious behind this is 'I want to meet someone & it's not happening' where if you ask yourself why that is and keep on, the less obvious reason could be 'I'm frustrated with myself because my actions & behaviours have prevented me from meeting someone'.*



*Monday - Which statement am I challenging? What's the obvious behind it? Am I helping or hindering the process? What am I doing about? What else could be behind it? For what purpose? What does that get me? Why?*

*Tuesday - Which statement am I challenging? What's the obvious behind it? Am I helping or hindering the process? What am I doing about? What else could be behind it? For what purpose? What does that get me? Why?*

*Wednesday - Which statement am I challenging? What's the obvious behind it? Am I helping or hindering the process? What am I doing about? What else could be behind it? For what purpose? What does that get me? Why?*

*Thursday - Which statement am I challenging? What's the obvious behind it? Am I helping or hindering the process? What am I doing about? What else could be behind it? For what purpose? What does that get me? Why?*

*Friday - Which statement am I challenging? What's the obvious behind it? Am I helping or hindering the process? What am I doing about? What else could be behind it? For what purpose? What does that get me? Why?*

*Saturday - Which statement am I challenging? What's the obvious behind it? Am I helping or hindering the process? What am I doing about? What else could be behind it? For what purpose? What does that get me? Why?*

*Sunday - Which statement am I challenging? What's the obvious behind it? Am I helping or hindering the process? What am I doing about? What else could be behind it? For what purpose? What does that get me? Why?*