

What to Say When You Talk to Yourself

by Shad Helmstetter

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ ⁰¹ **Catch the default script**

Write three exact phrases you say to yourself when you make a mistake.

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☐ ⁰² **Rewrite one phrase**

Turn one attack into a believable instruction that points to the next action.

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☐ ⁰³ **Build an identity cue**

Write one sentence beginning: I am becoming the kind of person who...

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☐ ⁰⁴ **Place the script near the trigger**

Put the new phrase where the old phrase usually appears: desk, phone, mirror, notebook.

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☐ ⁰⁵ **Use the script out loud**

Say the replacement sentence before starting the task, not after you already feel ready.

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☐ ⁰⁶ **Pair words with movement**

Take one physical action immediately after the phrase so the script becomes behavioral.

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☐ ⁰⁷ **Edit for believability**

If a phrase feels fake, make it smaller until you can say it without flinching.

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