

JUNE JOURNAL — Living a Beautiful Story

“It’s like everyone tells a story about themselves inside their own head. Always. All the time. That story makes you what you are. We build ourselves out of that story.”

— *Patrick Rothfuss*

1. List out some beliefs you have in the following category, both good & bad. Be gentle with yourself. And for every negative belief, be sure to list a positive one.

	Bad Beliefs	Good beliefs
Love	<i>“I’m unlovable.” “I’ll always be single.”</i>	<i>“I am worthy of love.” “I have a lot of love in my life.”</i>
Body/Beauty	<i>“I’m ugly.” “I always struggle with my weight.”</i>	<i>“My eyes are beautiful.”</i>
Age	<i>“It’s too late for me now.”</i>	<i>“I have so much more experience now.”</i>
Finances/\$/ Career	<i>“I’m bad with money.”</i>	<i>“I make the most of what I do have.”</i>
Life	<i>“Life’s a bitch & then you die.”</i>	<i>“I have a beautiful sense of humor about myself & life.”</i>
Family	<i>“I’m the black sheep of my family.”</i>	<i>“I’m a great mom.”</i>
Friends	<i>“Friends always seem to use me.”</i>	<i>“I’m a fantastic listener.”</i>
The Past	<i>“I’m ashamed of my past behavior.” “My past makes me unlovable.”</i>	<i>“My past doesn’t dictate my future.”</i>