# BECOME A BRAIN BOSS WORKBOOK

# Part 4 Your Relationship With You & Others



### **Relationships Are Thoughts**



What relationships would you like to improve?
What thoughts would you need to be thinking about them?
What thoughts would need to change?

#### WHAT IS YOUR STORY ABOUT YOU?



Who are you?
What do you think about your abilities?
Based on what you've been told, the thoughts you think about yourself are

#### WHAT IS YOUR STORY ABOUT YOU?



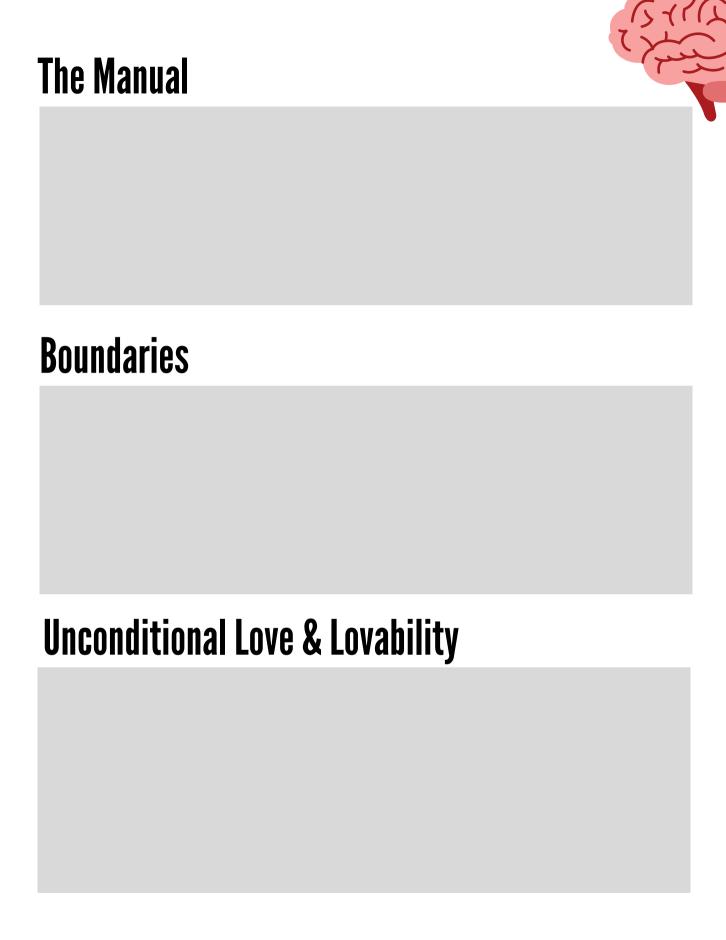
Do you like, love, or hate yourself? Why?
What do you think about yourself compared to others?
What do you think about your accomplishments?

#### WHAT IS YOUR STORY ABOUT YOU?



What do you think about your personality?
What do you think about your weaknesses?
What do you know about yourself?

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#### A LETTER TO MY PAST SELF



Write a letter to your past self using the following format. This is a great tool for uncovering negative thought patterns and beliefs. Be willing to allow emotions to surface.

Dear	-	
I'm angry because		
I'm sad because		

#### A LETTER TO MY PAST SELF



I wish	
I'm sorry that	
I love you because	

#### A LETTER FROM MY FUTURE SELF



Write a letter from your future self, who's right where you want to be, and have her give you some advice. What would they tell you to stop doing? What would they tell you to start doing? What else might they say?

#### A LETTER TO MY FUTURE SELF



Write a letter to your future self. What will you do for them? How will you change? What promises are you making to them? How are you setting them up for a better life now?

Dear	 -	

## **Coaching Notes**

