

CORE LANGUAGE UPGRADE

DAY 01 | WORKSHEET

How to Use this Worksheet

Digital Format: You can complete this worksheet as a PDF. First download and save this file. We suggest using Acrobat Reader ([click here to download](#)). This sheet is editable, so you can easily type in the provided spaces and save your information. You're all ready to get started.

Pen and Paper: Print this PDF if your preferred method is to write it down. Learning is enhanced by writing long hand. Studies show that brainstorming ideas and putting thoughts on paper is much more powerful, create better memory retention and comprehension.

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Read each sentence. Describe in your own words the mental imagery and type of feelings they create.

EXERCISE ONE

“Don’t take this the wrong way.”

Mental Imagery _____

Feelings _____

EXERCISE TWO

“Perhaps I should probably start thinking about getting in shape.”

Mental Imagery _____

Feelings _____

EXERCISE THREE

“It ruined my life.”

Mental Imagery _____

Feelings _____

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Use these questions as journaling prompts. Contemplate these; you may be surprised at your answers!

THOUGHT PROVOKING QUESTIONS

Of the three key areas of your life (Home, Work, In Your Head), which would you like to see IMMEDIATE positive change in? How would that improve your situation?

How could the way you use language play a role in cultivating more desired outcomes? How might your feelings and experiences be different?

Imagine yourself 5 years from now with dramatically improved communication skills. What does that image look like? Where are you, and what are you doing? How are you feeling? Who are you with?