

DAY TWO

The Lies



Take a few minutes and think about the negative self-talk, the lies, and the destructive chatter going off in your mind. Using a pencil write the lies below on the "Lie" lines (leave the lines under each lie blank for now).

Lie: _____

Lie: _____

Lie: _____

Lie: _____

Lie: _____

Lie: _____

Healthy Habit: Take Small Bites

