

NEGATIVE PHRASES CHECKLIST

- This is a waste of time
- This is a stupid idea
- I have a lack of skill
- I have a lack of time
- I have a lack of resources
- I have a lack of perseverance
- I am unskilled
- I am scared of starting
- I am afraid of failure
- I am afraid of success
- I fear what others think
- I fear rejection
- I am too slow
- I am too unproductive
- I am too lazy
- I can't ever make money at this
- My dream is ridiculous
- I am unorganized

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NEGATIVE OR MISTAKEN BELIEFS

I am powerless

I don't have the money to do what I want

I don't have enough time to do what I want

I do not deserve to have dreams

I cannot take risks

I am afraid of failing

I am afraid of success

I fear others will criticize my dreams

I have to be perfect

Someone else is already doing what I am doing

Creatives cannot make money at their art

I am not organized enough to follow through
