

Numb Buster- Where are you right now? Transforming your inner story..



Use this worksheet to help you to identify what it is you may want to change, hear your internal chatter, and develop a more supportive internal dialogue that can inspire you to make the changes you want to. When you notice your thoughts and reflect on them, you can transform the story. You are using practical mindfulness instead of allowing negative thoughts to hijack your emotions.

Becoming aware of what you are thinking is one path to tap into this practical mindfulness. You can do this with any change or situation by stepping back a bit and run through the following questions:

- Can you describe, as objectively as possible, the situation you want to change?

- What is it that you may be telling yourself about this situation?

- Do you fully believe what you are telling yourself about the situation based on the facts?

- If you were talking to a true friend in the same situation, how would you speak to them?

- What would be more beneficial to tell yourself?

- What is it you may want to change internally, embrace, or let go of so you can take the next steps in creating your ideal life, business or whatever else you want to change?



Are you suffering from stress, overwhelm, low self-compassion, lack of energy, emotional roller coasters, or constant wondering and wandering? Maybe you are filled with apathy, pessimism, or are you numb to life.

You may feel alone. But you are not, and I have also been there.

I have experienced many transitions, changes, and rollercoasters myself. I have been where you may now be. But I got out of it, survived, and created a new life full of abundance for myself, my family, and my business. Now I work as a coach, helping organizations and people create a new life, new businesses or new careers that fulfill their own definition of success.

If you are looking at the unclear path ahead, unsure of what the first step is, feeling like you are alone, and not knowing where to turn for help - I can help you.

I can coach you towards getting deeper relationships, more fulfillment, and even a healthier bank account. If you are ready for that abundant mindset where you get everything you want inside and outside of work, then contact me today.

Accelerate your progress towards your ideal life, business, or transition with online self paced courses and individual coaching. To find out more visit my website! <https://davesinclair.ca/services>

Or contact me today for a free 1:1 Discovery Call: Email: Dave@DaveSinclair.ca