

7-DAY SELF-IMAGE BOOST: TRANSFORM YOUR CONFIDENCE!

THIS WORKSHEET IS DESIGNED TO HELP YOU IMPLEMENT DR. MAXWELL MALTZ'S PROVEN HABITS FOR IMPROVING YOUR SELF-IMAGE.

HERE'S HOW TO GET STARTED:
PICK ANY DAY TO START. YOU CAN START TODAY!
COMMIT TO 10 HABITS FOR 7 DAYS.
CHECK THEM OFF DAILY.
REFLECT AFTER THE CHALLENGE.

	①	②	③	④	⑤	⑥	⑦
VISUALIZE SUCCESS: IMAGINE YOURSELF IN WINNING SCENARIOS OR ACHIEVING A GOAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VISUALIZE SKILLS: IMAGINE YOURSELF PRACTICING TASKS OR RECALLING PAST SUCCESSES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
POSITIVE AFFIRMATIONS: SAY, WRITE, OR MEDITATE ON UPLIFTING "I AM" PHRASES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
REVIEW GOALS: CHECK YOUR TARGETS TO STAY MOTIVATED & FOCUS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TAKE ACTION: TAKE ANY STEP TOWARD GOALS NO MATTER HOW BIG OR SMALL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CORRECTIVE ACTIONS: IDENTIFY & LEARN FROM MISTAKES BY TAKING CORRECTIVE ACTION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPEAK UP: USE CLEAR COMMUNICATION TO COMMUNICATE YOUR NEEDS OR IDEAS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RELAX & RECHARGE: RESET WITH A RELAXATION TECHNIQUE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CELEBRATE ACHIEVEMENTS: RECOGNIZE YOUR VICTORIES, NO MATTER HOW SMALL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PLAN YOUR DAY: ORGANIZE FOR SUCCESS WITH A DAILY TO-DO LIST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECT:
