



TRANSFORM YOUR THOUGHTS, CHANGE YOUR REALITY.



A Self-Reflection Worksheet

 **Lola Therapy**



Current Thought Patterns What's one negative thought pattern you want to become aware of and change?

Examples: "I'm not good enough," "I always mess up," "Everyone judges me," "I can't handle this," "Nothing ever works out for me"

New Thought Patterns What's one empowering thought you want to practice believing?

Examples: "I am capable of growth," "I can learn from mistakes," "I deserve good things," "I can handle challenges," "I am worthy as I am"





Current Behaviors What's one habit or behavior you want to change?

Examples: People-pleasing, avoiding difficult conversations, perfectionism, negative self-talk, procrastination, comparing yourself to others

New Behaviors What's one new behavior you want to practice daily?

Examples: Setting healthy boundaries, speaking up for yourself, practicing self-compassion, taking action despite fear, celebrating small wins





Current Emotions What's one emotion you experience too often that doesn't serve you?

Examples: Anxiety, shame, guilt, resentment, fear, overwhelm, self-doubt, anger, hopelessness

New Emotions What's one emotion you want to experience more often?

Examples: Confidence, peace, self-acceptance, joy, contentment, hope, courage, gratitude, empowerment



Your Next Step Choose ONE item from your "new" sections to focus on this week. Small, consistent changes create lasting transformation.

Remember: You don't have to have it all figured out. You just have to be willing to begin.



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Empowering women and teen girls to
rediscover their strength

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