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**FIT MENOPAUSE METHOD**

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# Healthy Habit 6: Self-Talk part 1

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**Watch this video ->**

Getting stuck in the negatives (and how to get unstuck). | Alison Ledgerwood | TEDxUCDavis

## Action Step:

1. Pay attention & listen to your negative thoughts.
2. Write them down in your journal.
3. No judgement, no action about it (yet), just acknowledgement.