

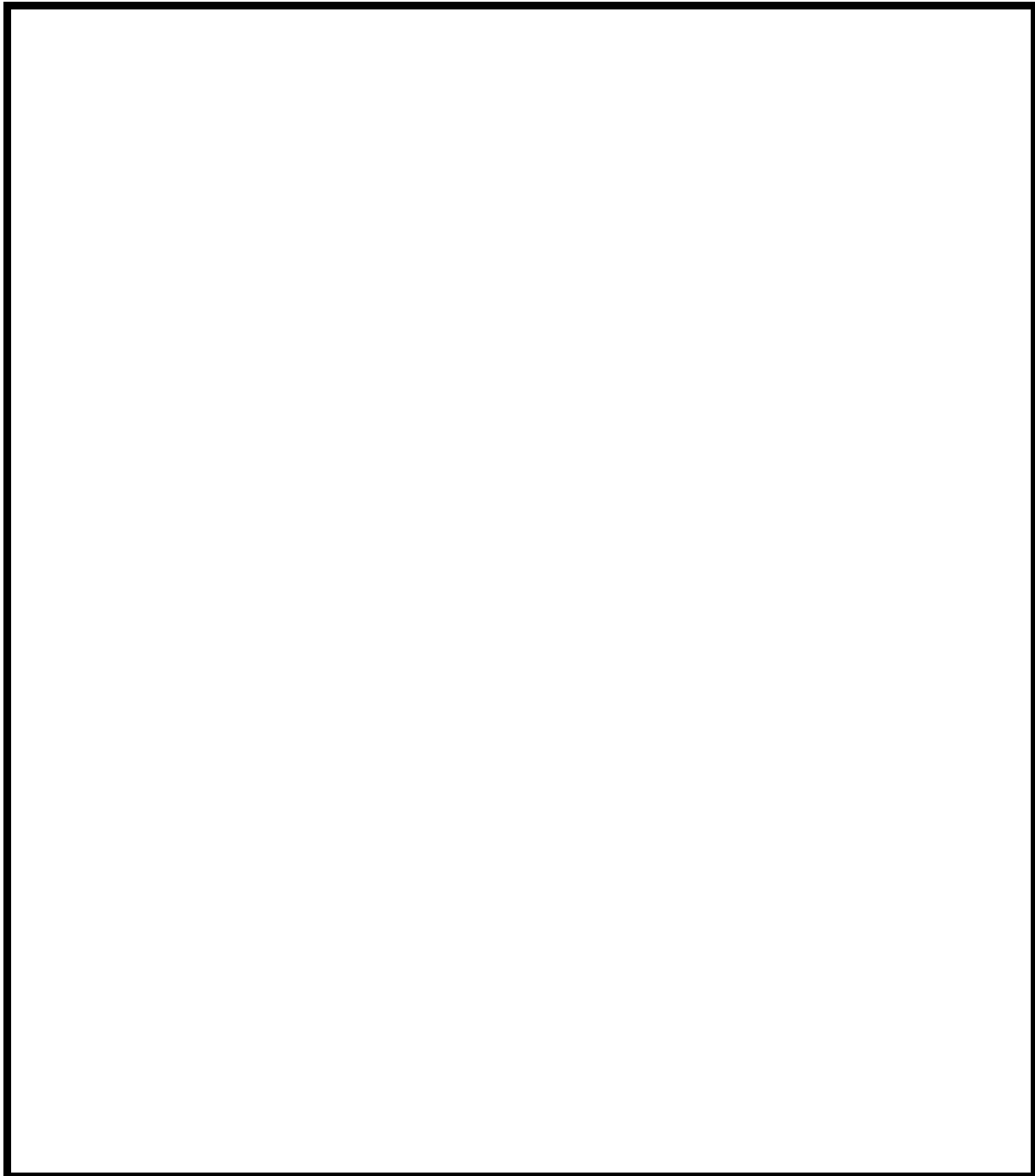
THE **BOSS** HAT

Programme

WEARING YOUR HAT – Part 1

**Lesson 5 – Habit # 4 Owing
Your Voice**

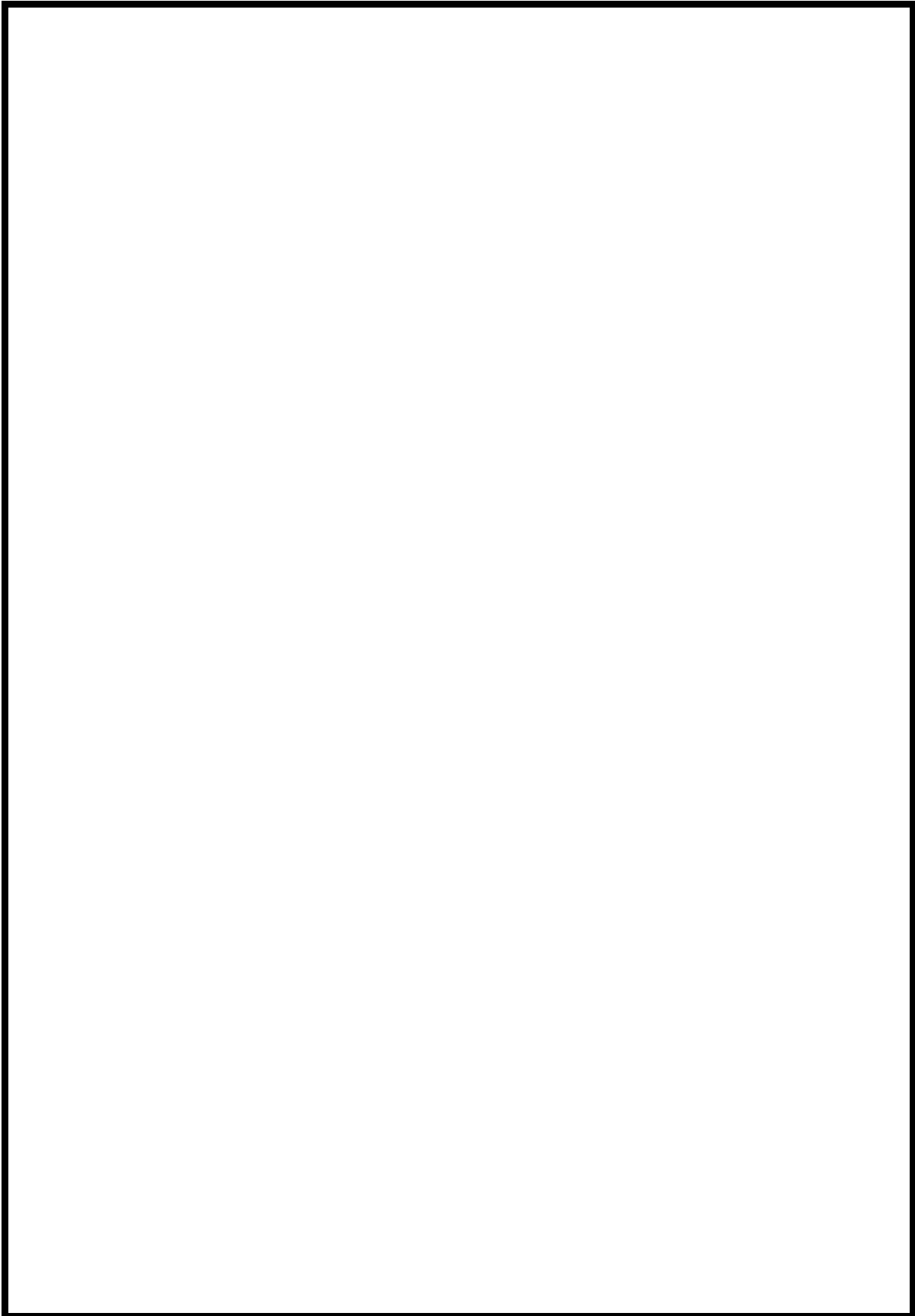
Make a list of the negative things you say to yourself before you want to speak.

A large, empty rectangular box with a black border, intended for the user to write a list of negative things they say to themselves before speaking.

Turn your negative self talk into positive phrases (add these to your list of positive affirmations)

A large, empty rectangular box with a thick black border, intended for the user to write their positive affirmations.

NOTES

A large, empty rectangular box with a black border, intended for taking notes. The box is currently blank.