

December 2025 - Mindset
Week 1: 12-1-25



Worksheet: *Uncovering Your Default Narratives*

Instructions: Use the prompts below to bring awareness to the thoughts that shape your day. Be kind and curious with yourself—this is about noticing, not judging.

1. Complete the sentence (no overthinking!):

- “I always...”
- “I never...”
- “I’m not good at...”
- “People always...”
- “If I try, I might...”

2. Ask yourself:

- Is this true 100% of the time?
- Where did I learn this?
- How does this thought make me feel?
- What would I rather believe instead?

3. Rewrite 2–3 of those narratives into more empowering ones:

(Example: “I always mess things up” → “I am learning as I go, and mistakes are part of growth.”)