

TOOL #5C - ACTIVITY

I'm Strengthening My Mind!

Write down 10 things you said or asked today! Doesn't matter what you said, or how you said it! All that matters is that you remember what you said, or what you asked, and the words and phrases you used!

10 Things I Said or Asked Today!	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	