

EXERCISE 8: How to become a winner

Try to list below situations where you have been a loser or a winner. Use examples from both your home and your place of work.

Now make a list of the loser tapes you never want to play again. Write down which winner tapes you will play instead.

When I was a loser:

When I was a winner:

Loser tapes I often use. These are tapes I want to try to stop listening to:

Winner tapes I intend to play frequently instead: