

CORE LANGUAGE UPGRADE

DAY 03 | WORKSHEET

How to Use this Worksheet

Digital Format: You can complete this worksheet as a PDF. First download and save this file. We suggest using Acrobat Reader ([click here to download](#)). This sheet is editable, so you can easily type in the provided spaces and save your information. You're all ready to get started.

Pen and Paper: Print this PDF if your preferred method is to write it down. Learning is enhanced by writing long hand. Studies show that brainstorming ideas and putting thoughts on paper is much more powerful, create better memory retention and comprehension.

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Read each sentence. Describe in your own words the mental imagery and type of feelings they create.

EXERCISE ONE

“I DON’T want to be afraid to voice my opinions.”

Mental Imagery _____

Feelings _____

EXERCISE TWO

“I DO want to be confident in sharing my thoughts.”

Mental Imagery _____

Feelings _____

EXERCISE THREE

“I AM scheduling time with my personal trainer for every Mon, Wed and Fri morning.”

Mental Imagery _____

Feelings _____

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Use these questions as journaling prompts. Contemplate these; you may be surprised at your answers!

THOUGHT PROVOKING QUESTIONS

Translations were created to help solve difficult problems and to help prevent new problems from appearing. At this point in the course, which area of your life do you feel will benefit most from Translations?

Now that you know more about Translations, which area of your life (Home, Work or In Your Head) do you expect to be most challenging, and why?

Which of the Translation types do you imagine being the hardest for you? Why?