When my mind says no

The reasons your mind gives for not acting, and how to answer them.

Name _____ Date _____

As soon as you decide to do something that matters, your mind produces reasons not to. It is trying to protect you from discomfort. You can thank it and act anyway.

My mind says	A possible response
"I am too tired / anxious / low."	"I can feel that and still take one small step."
"I will do it when I feel more confident."	"Confidence comes from doing it, not before."
"I will probably fail."	"Maybe. I would rather try and fail than not try."
"It will not make any difference."	"I am having the thought that it is pointless. I can check by doing it."
"I do not deserve it."	"There is the 'not good enough' story again. Thanks, mind."
"I should wait for the right time."	"There is rarely a right time. What is the smallest version I can do now?"

Something that matters to me that I have not been doing

What my mind says to stop me	What I will say back	The step I will take anyway

After I acted: was my mind right?

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