

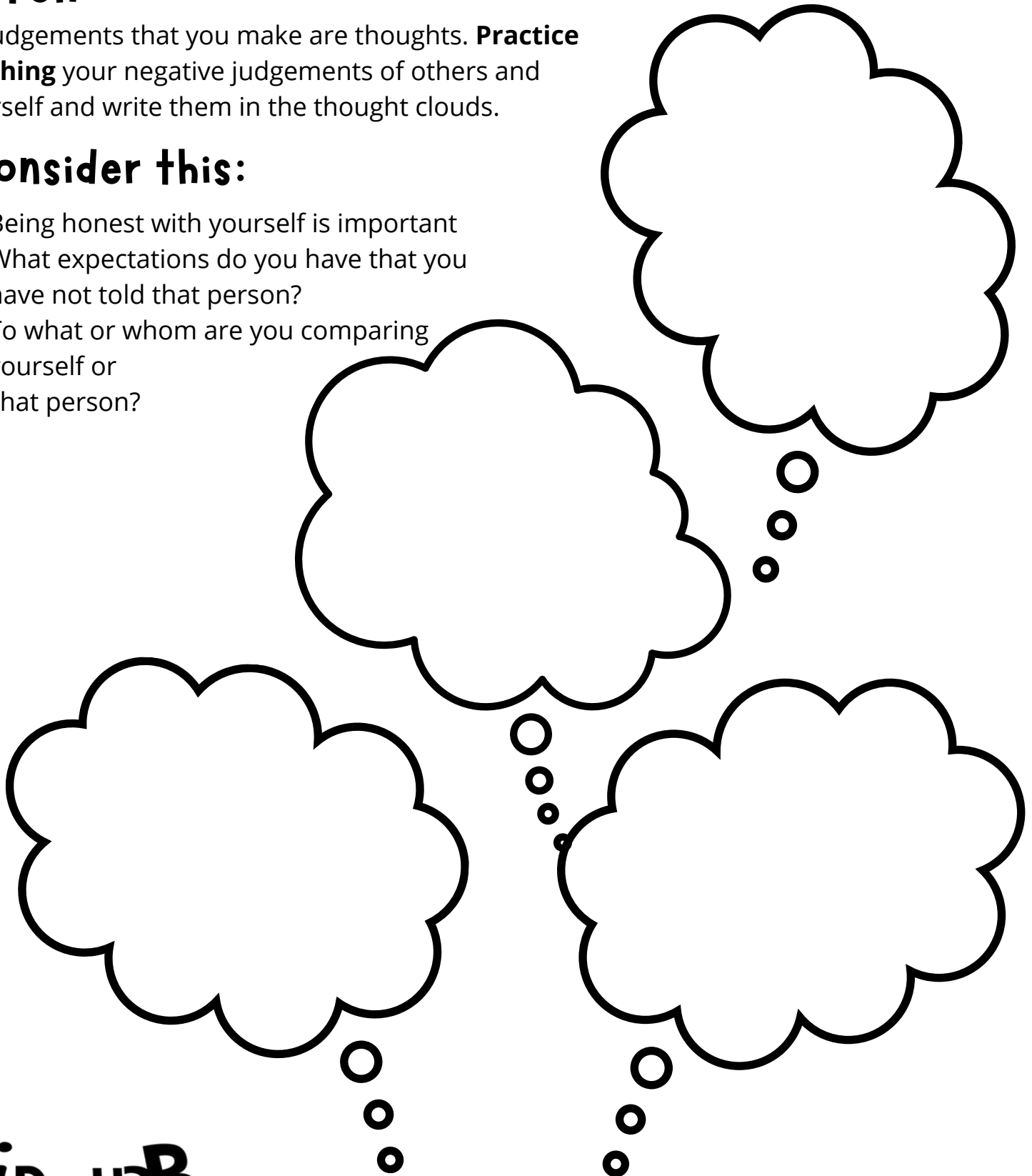
Catch & Release your **JUDGEMENTS**

Catch

All judgements that you make are thoughts. **Practice catching** your negative judgements of others and yourself and write them in the thought clouds.

Consider this:

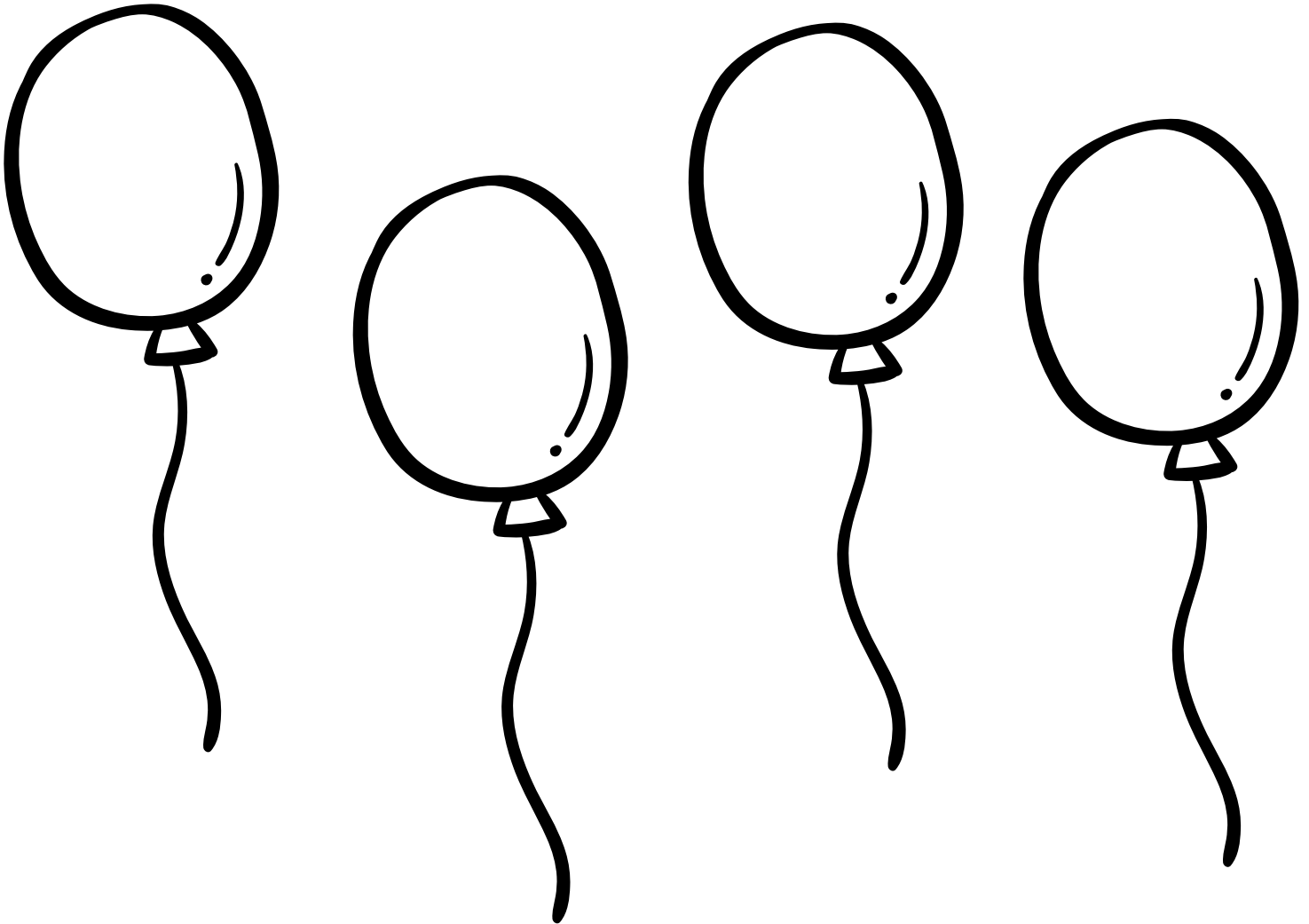
- Being honest with yourself is important
- What expectations do you have that you have not told that person?
- To what or whom are you comparing yourself or that person?





RELEASE YOUR JUDGEMENTS

Write in each balloon WHY YOU WILL
LET GO OF YOUR JUDGEMENTS



Write down the answer to the following question:
1. If you let go and release your judgements of that person or situation, how will that make you feel?



BE RESPONSIBLE FOR WHEN YOU JUDGE OTHERS AND YOURSELF.

What are the negative judgements you have of yourself?

How do you feel when you judge yourself? _____

Who do you compare yourself to? _____

How often do you compare yourself to others? _____

Why do you compare yourself to others? _____

If you did not compare yourself to others what would you be able to do?

List 6 reasons why you are amazing

1.

2.

3.

4.

5.

6.