

superlife: your future is not your history™

This week, Dr. Happy is encouraging you to look past the labels from when you were younger and redefine who you are now. And for the future! Because you don't have to be what you, or someone else, thought you were as a child or in the past.

1. REFLECT UPON SOME OF THE THINGS YOU WERE TOLD WHEN YOU WERE YOUNGER, FOR EXAMPLE, WERE YOU EVER TOLD YOU WERE: CHUBBY, WEREN'T CREATIVE, WERE NO GOOD AT X, Y OR Z, COULDN'T SING/PLAY SPORTS/ETC.

MAKE A LIST OF THESE LABELS BELOW:

2. REFLECT UPON SOME OF THE THINGS THAT YOU'VE THOUGHT ABOUT YOURSELF, FOR EXAMPLE, DO YOU THINK YOU'RE NO GOOD OR 'HOPELESS' AT THINGS YOU'VE TRIED AND FAILED?

MAKE A LIST OF THESE LABELS BELOW:
