

POWERFUL PUBLIC SPEAKING

ANYWHERE, ANYTIME, FOR ANYONE

DATE STARTED:
DATE FINISHED:

LESSON 4 NEGATIVE TO POSITIVE

LOOK AT YOUR NEGATIVE SPIRAL TO INSPIRE YOUR THOUGHTS

THINK

WHAT DO I
THINK
WHEN
PUBLIC
SPEAKING?

WHAT
COULD I
THINK
INSTEAD?

ACT

HOW DO
I ACT
AND
WHAT DO
I DO?

WHAT COULD I
DO
DIFFERENTLY?
HOW COULD I
ACT
DIFFERENTLY?

ASSUME

WHAT AM I
ASSUMING?

DOES MY
ASSUMPTION
SERVE ME
WELL?

FEEL

HOW DO I FEEL?

DO MY FEELINGS SERVE ME
WELL? WHAT WOULD BE
MORE BENEFICIAL?