

SHED THE NOISE

The Noise can be a powerful force, but you can harness it to your benefit. Instead of letting The Noise direct your decisions, shed The Noise so it turns into a motivator.

Filter your Noise below using the chart to find out if you should shed it, learn from it, and/or take some next steps.

My Noise Write down examples of your Noise.	Who Says This?	My Results Use the chart on the next page to filter your Noise	My Response to The Noise Use the prompts below to construct a meaningful response
#1			I really don't believe this to be true, because,
#2			I have the power to change or overcome,
#3			I appreciate you for sharing your thoughts, but I believe

