



FREE DIARY · SUCCESS PATH GURU

7-Day Self-Talk Diary

Your mind is a field. Every sentence you say about yourself is a seed — even the jokes. For seven days, notice what you plant, build one honest bridge sentence, and back it with one small action.

Rule: Bada jhooth nahi, chhota sach. "Main super lucky hoon" nahi — "Kuch galat hua, par agla kadam mere haath mein hai."

INSPIRED BY THE MIRACLES OF YOUR MIND · KEEP IT BY YOUR BED

7-DAY SELF-TALK DIARY

Day 1 · Just count. Don't fight it.

Negative lines I caught today: _____ times

The line I heard most: _____

My bridge sentence: _____

My one small action: _____ Done ☐

Tonight I picture (goal → first step → obstacle → my answer):

How I feel tonight (1-10): _____

Day 2 · Keep counting. Notice the jokes too.

Negative lines I caught today: _____ times

The line I heard most: _____

My bridge sentence: _____

My one small action: _____ Done ☐

Tonight I picture (goal → first step → obstacle → my answer):

How I feel tonight (1-10): _____

7-DAY SELF-TALK DIARY

Day 3 · Which line came up most?

Negative lines I caught today: _____ times

The line I heard most: _____

My bridge sentence: _____

My one small action: _____ Done ☐

Tonight I picture (goal → first step → obstacle → my answer):

How I feel tonight (1-10): _____

Day 4 · Build your bridge. Say it 3x morning & night.

Negative lines I caught today: _____ times

The line I heard most: _____

My bridge sentence: _____

My one small action: _____ Done ☐

Tonight I picture (goal → first step → obstacle → my answer):

How I feel tonight (1-10): _____

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Day 5 · Add one small action to the bridge.

Negative lines I caught today: _____ times

The line I heard most: _____

My bridge sentence: _____

My one small action: _____ Done ☐

Tonight I picture (goal → first step → obstacle → my answer):

How I feel tonight (1-10): _____

Day 6 · Remove one thing that makes you feel small.

Negative lines I caught today: _____ times

The line I heard most: _____

My bridge sentence: _____

My one small action: _____ Done ☐

Tonight I picture (goal → first step → obstacle → my answer):

How I feel tonight (1-10): _____

7-DAY SELF-TALK DIARY

Day 7 · Phone away. 5-minute night picture.

Negative lines I caught today: _____ times

The line I heard most: _____

My bridge sentence: _____

My one small action: _____ Done ☐

Tonight I picture (goal → first step → obstacle → my answer):

How I feel tonight (1-10): _____

Hafte ke baad: Pehle din ki ginti aur aaj ki ginti dekho. Ginti kam hui ho to badhai — tumhara dimaag sun raha hai. Na hui ho to bhi theek — dekhna hi pehla kadam hai.

Free tool: Self-Talk Rewriter — successpathguru.com/self-talk-rewriter.html · Read: The Miracles of Your Mind — [/blog-miracles-of-your-mind.html](https://successpathguru.com/blog-miracles-of-your-mind.html)

Education only — not medical or psychological advice. If heavy thoughts stay for weeks, please talk to a doctor, counsellor or someone you trust.