



## Episode 5 Exercises

1. What image do you have of yourself in terms of success and ability?  
Describe and write down at least ten things.

2. In the image you have of yourself, in what areas do you see yourself as a competent person?  
Write down at least three.

3. In your image of yourself, in what areas do you see yourself as a weak person?  
Write down at least three.



**CATALOG OF THE MIND**



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