

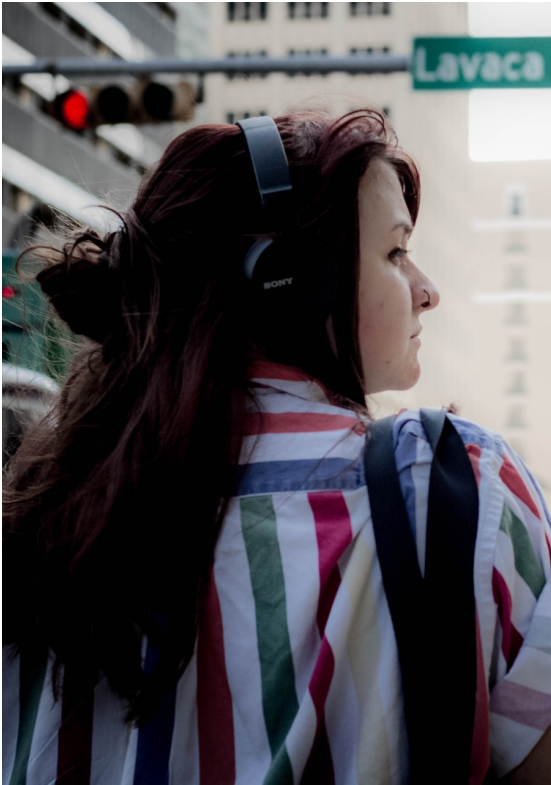
Restore Activity Series

# Listen to Inspiration



**Shift Your Perspective by  
Listening to Positive Content**

# You Are What You Listen To



Most of us have heard the saying "you are what you eat." But, have you ever heard the saying "you are what you listen to?" When I first read that phrase it hit me. When it comes to our emotional health, what we listen to daily can impact our overall perspective. If you're only filling yourself with negative things, there's a lot less room for the positive. When you begin to seek out and fill yourself with the positive, you open up room for vulnerability, both spiritually and mentally. And sometimes, you have to get vulnerable to heal.

I struggled with vulnerability - I hated that feeling so much. I was always the strong-minded, confident,

willing to speak my mind kind of woman. To me, admitting I needed help meant admitting I was weak (even if I wasn't). I also struggled with speaking kind words to myself. So I was surrounded with negative words about my value, about my body, about my abilities, and with the negative on TV, movies, at work, and in music. When I made a change in what I was listening to, I became vulnerable, but I also opened myself up to emotional change. Mixed with the music, podcasts, and what was on my TV, I also started to speak kinder to myself and give myself little affirmations throughout the day. While it's not a fix-all for mental health, it's a great positive step to changing your perspective. Use the next couple of pages to reflect on what you've been filling yourself with, as well as the changes you can make to add more positivity.

As you approach this activity, think about the things that inspire you. What makes you feel excited, encouraged, happy? Think about how you want to feel after making some changes to what you taken in.





# Free Write

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Use this space to reflect on any thoughts or feelings that you've had as you did an inventory of what you're currently listening to and the things you want to start listening to.

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