

Name: _____

Date: _____

Positive Thinking Worksheet

Notes about Positive Thinking & Self Talk:

Thought Belief Effect - One way that I've seen my thoughts become a belief

What effect has this belief had on your life? (mood, behavior, relationships)

What are some things that you love?

10 Positive thoughts about me

I, _____ commit to the Positive Thinking Challenge. This means that I will pay attention to my thoughts and try to replace negative thoughts with positive ones!