

# Positive Thinking Worksheet

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date: \_\_\_\_\_ Practitioner: \_\_\_\_\_

Take a moment to reflect on your thoughts and feelings. Answer the following questions honestly and thoughtfully. This worksheet is designed to help you focus on positive thinking and foster a more optimistic mindset.

## Identify a negative thought

What negative thought or belief has been on your mind recently?

## Challenge the negative thought

Is there evidence that contradicts this negative thought? What alternative, positive perspectives can you consider?

## Reframe the negative thought

How can you rephrase the negative thought into a more positive and empowering statement?

## Identify positive aspects

List three positive aspects of the situation or yourself that you may be overlooking.

- 1.
- 2.
- 3.

**Set realistic goals**

What small, achievable goals can you set for yourself to work towards a positive outcome?

**Practice gratitude**

Name three things you are grateful for in your life right now.

- 1.
- 2.
- 3.

**Create affirmations**

Develop positive affirmations to counteract negative thoughts.

**Additional notes****Practitioner notes**