

# Positive Thinking Worksheet

**Name:**

**Age:**

**Date:**

## **Instructions:**

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.

### **1. Identify a Negative Thought**

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

### **2. Challenge the Negative Thought**

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

### **3. Reframe the Negative Thought**

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

### **4. Identify Positive Aspects**

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

**5. Set Realistic Goals**

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

**6. Practice Gratitude**

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

**7. Create Affirmations**

**Develop positive affirmations to counteract negative thoughts. Write them down.**

**Therapist's Notes:**

**Therapist Name:**

**Therapist Signature:**\_\_\_\_\_