

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:_____