

Name: _____

Date: _____



**BASED ON THE DOMINATING THOUGHTS
THAT OCCUPY YOUR MIND**

1. Write down what is on your mind in the given situation
2. If this thought does not serve you, re-write/think it with a positive twist

YOU'VE JUST WOKEN UP, YOUR FIRST THOUGHT IS:

1. _____
2. _____

YOUR FRIEND PLANNED TO COME OVER BUT HAD TO CANCEL:

1. _____
2. _____

**RECESS: YOU WEREN'T PICKED TO BE ON THE SAME TEAM AS ONE
OF YOUR FRIENDS:**

1. _____
2. _____

YOU LOST A VIDEO GAME AGAINST THE COMPUTER:

1. _____
2. _____

TODAY IS OVER, TIME FOR BED:

1. _____
2. _____

