

POSITIVE MINDSET-SHIFT

Cheatsheet

Throughout your day you can eliminate self-doubt and change your negative thinking with the mindset-shifting questions listed below. This will give you more courage + confidence to pursue your goals.

ON THE LEFT SIDE OF THE WORKSHEET, WRITE DOWN NEGATIVE THOUGHTS YOU HAVE DURING THE DAY:



YOU CAN COUNTERACT EACH NEGATIVE THOUGHT BY ASKING THESE 6 QUESTIONS:

- Where did this thought come from?
- Is this thought 100% true? If not, why?
- List the evidence you have to support this thought being 100% untrue
- If your child/best friend tells you he/she has this negative thought, what would you tell her/him?
- What actions can you take to change this negative thought?
- How can you show yourself more self-love?