



## ‘Watch Those Thoughts’ Exercise

**You may benefit from using this sheet every morning/evening to write down 10 positive thoughts / things you are grateful that day.**

**This simple exercise is designed to help you become aware of your thought.**

Think about what is going through your mind right at this very moment. Write down your first ten thoughts and feelings that you are aware of right now.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Have you listed mainly thoughts of past events, such as a conversation with your partner, things in the future you have to do, such as what you are going to cook for dinner, or noticed objects around you, smells, temperature or noises perhaps? Are your thoughts and feelings focused on positive things or do they have a more negative bias?

Now repeat the exercise and consciously focus on positive aspects of your life and surrounding and consider how that feels?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

This is an exercise you can use regularly to help reframe your thoughts and help focus on the positives.