



Thought journal

A tool based on cognitive reframing to help you shift your mindset and look at various situations from a different perspective.

By downloading and/or using the free tool "Thought journal" you agree to understand that the tool is provided for general informational and educational purposes only and is in no way a substitute for professional advice.

Thought journal

01 CONTEXT

Where? When? Who was there?

02 THOUGHT(s)

What were you thinking?
What (limiting) beliefs can you notice?

03 FEELINGS

What were you feeling?

04 UN-SUPPORTIVE PROOF

What proof does your saboteur have?

05 SUPPORTIVE PROOF

What evidence do you have that impostor (saboteur) is wrong?

06 NEW THOUGHT(s)

What would you rather be thinking? What thoughts will empower you?

07 ACTIONS

What actions will you take? What will be your first step? When will you make it? How will you make sure you succeed?

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03 <u>FEELINGS</u>	04 <u>UN-SUPPORTIVE PROOF</u>
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07 <u>ACTIONS</u>	