

Simple Step #1 Re-frame Your Thoughts

Thought	Positive Story

Simple Step # 2 Have a Conversation with You

Question
Response
Question
Response

Simple Step #6 Just Say "NO!" Worksheet

Person	Positive Story
Person	Positive Story

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Simple Step #7 Question Your Thoughts Worksheet

Thought	Question the Thought	Response

Simple Step #8 Focus on the Positive Worksheet

Goal	Thoughts	New Perspective