



Jot down three anxious thoughts that come to mind frequently:

WHAT GOOD IDEAS CAN YOU USE IN PLACE OF EACH OF THESE?

1. ANXIOUS THOUGHTS:

POSITIVE THOUGHTS

2. ANXIOUS THOUGHTS:

POSITIVE THOUGHTS

3. ANXIOUS THOUGHTS:

POSITIVE THOUGHTS:

---

Choose to listen to the positive thought instead of the anxious one the next time it crosses your mind.

