

# Shift your Mindset Tool



## How it Works

On the left side of the page, write down the negative thought. On the right side of it, write at least 3 positive thoughts and gratitudes. When you are done, fold the page in half (vertical line) to see only your positive affirmations. Stick it where you can see and read it every time you pass by.

**Negative Thoughts:**

Example: My bicycle got stolen

- I got money back from my insurance
- I bought another bicycle
- I bought a better lock
- I love my new bicycle

**Negative Thoughts:**

**Gratitude:**

**Negative Thoughts:**

**Gratitude:**

**Negative Thoughts:**

**Gratitude:**

**Negative Thoughts:**

**Gratitude:**

