

REFRAME THAT THOUGHT: A MINDSET SHIFT WORKSHEET

A guided space to meet your thoughts with honesty and power

THE THOUGHT THAT KEEPS REPEATING IS:

Name the thought that's been cycling through your mind.

(Ex: I always mess things up. I'm not good enough. No one cares what I have to say.)

WHEN I THINK THIS, I FEEL:

Describe the emotion or body sensation this thought brings.

(Ex: I feel tight in my chest. I get anxious. I shut down.)

WHERE DO I THINK THIS BELIEF CAME FROM?

Explore the root of this thought—an experience, a voice from the past, a fear, or a pattern you've carried.

(Ex: A comment someone said in childhood, repeated rejection, perfectionism.)

IS THIS THOUGHT ABSOLUTELY TRUE?

Be honest. Challenge it gently. Ask if it's always true, sometimes true, or not true at all.

Yes No I'm not sure

Why or why not?

WHAT WOULD I SAY TO SOMEONE I LOVE IF THEY HAD THIS THOUGHT?

Speak to yourself as you would to a friend, a child, or someone you care deeply for.
(Let compassion flow here.)

A MORE SUPPORTIVE VERSION OF THIS THOUGHT MIGHT BE:

Rewrite the original thought in a way that's honest, kind, and empowering.
(Ex. I make mistakes sometimes, but I learn and grow. My voice matters even when it shakes.)

IF I CARRIED THIS NEW THOUGHT, I WOULD...

Imagine how you'd show up, move, or speak if you believed this new version.
(Ex. I'd try again. I'd speak more freely. I'd let go of needing to be perfect.)

ONE SMALL ACTION I CAN TAKE TODAY FROM THIS NEW BELIEF IS:

Turn the reframe into something tangible. Keep it simple and meaningful.
(Ex. Reach out for support. Submit the project. Say the thing I've been holding back.)