



REFRAMING YOUR THOUGHTS

For one week, pay attention to when you have self-defeating thoughts or fall back on negative self-talk.

Using this worksheet, write these thoughts and spend some time thinking about how you can reframe them. If there's something that's out of your control, reframe it by writing down what you do have influence over, no matter how small.

Try this exercise a second or third time. Did you find yourself falling into the same negative or self-defeating thought patterns, or did you reframe your thoughts in the moment?

We all have negative thoughts, but the trick is how to deal with them when they occur.

	Negative thought or what is out of my control	Reframed positive thought or what is in my control
	<i>Last time I tried to skate I failed</i>	<i>I learned it hurts more to fall as an adult than as a kid. This time I will wear knee pads.</i>
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

