

# REFRAME YOUR THINKING

HOW IS MY CURRENT THINKING SERVING ME?  
IS THERE ANOTHER WAY I COULD LOOK AT THIS?

**INSTRUCTIONS:** Next time you find yourself ruminating on something; struggling with fear, worry or anxiety; unable to solve a problem, change a behavior or reach a goal; or finding yourself at odds with someone or something, consider the story you are telling yourself about the situation. If that story isn't serving your higher good, simply ask yourself what another story could be.

Example: The story I'm telling myself is 'I don't have enough time to exercise.' Another story could be: 'I find time for things I enjoy. The truth is, I just don't enjoy exercise, and that's why I don't make time for it.'

Example: The story I'm telling myself is 'the person who cut me off in traffic is such a jerk and thinks the rules don't apply to him.' Another story could be: 'Maybe he has an emergency situation.' Yet another story could be: 'he simply made a mistake and didn't mean to cut me off.'

## THE STORY I'M TELLING MYSELF

## ANOTHER STORY COULD BE



# FINAL DRAFT

WHICH STORY SERVES YOU BEST? WHAT VERSION OF THE TRUTH DO YOU PLAN TO MOVE FORWARD WITH TODAY? WRITE YOUR FINAL DRAFT BELOW AND CELEBRATE THE FACT THAT YOU SLOWED DOWN & INTENTIONALLY THOUGHT THROUGH ALL POTENTIAL VERSIONS OF THE STORY.

A large, empty rectangular box for writing the final draft.