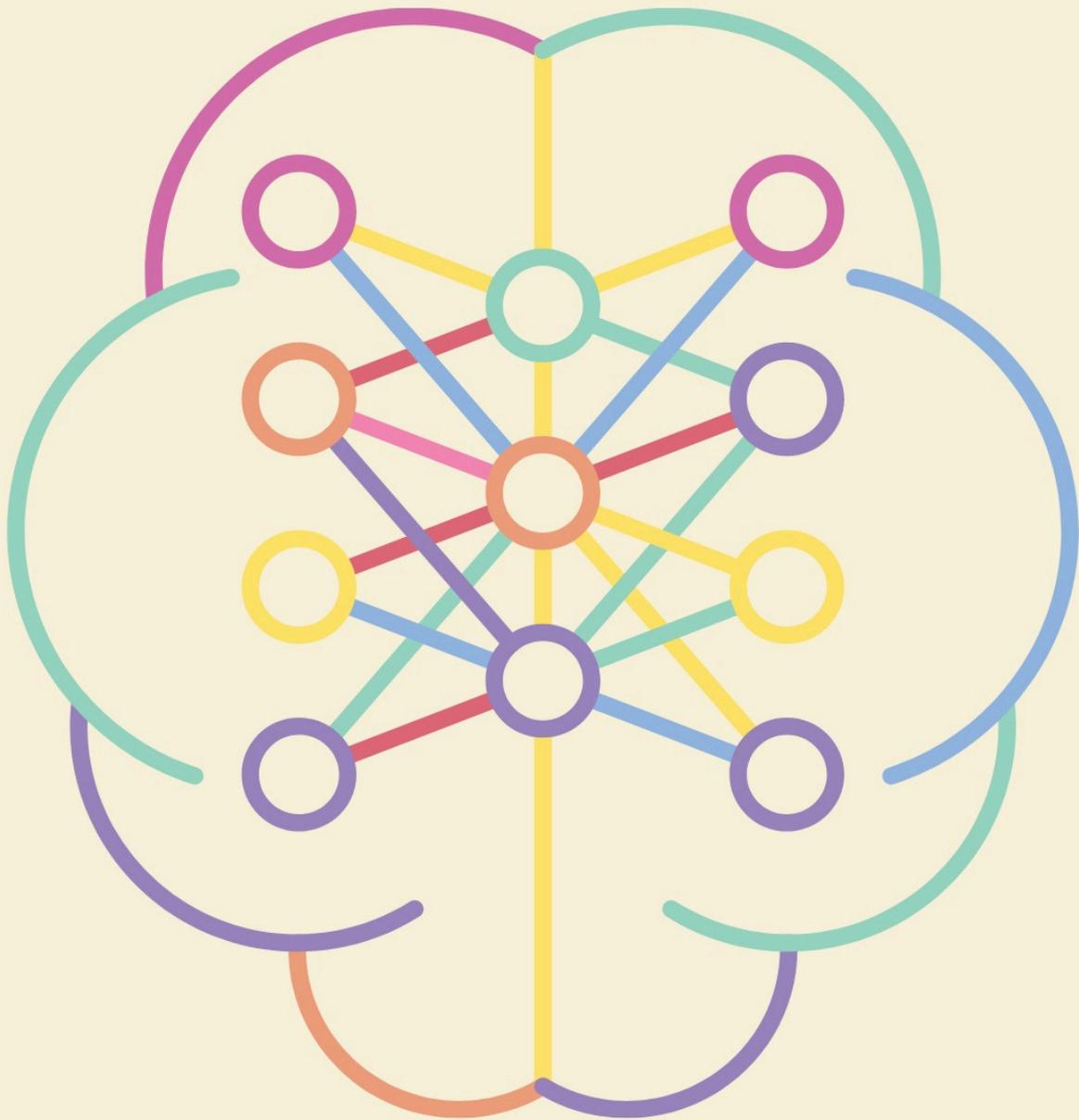


Understanding and Rewiring Negative Thought Patterns



A simple guide to shift your mindset and build confidence through better thinking habits

How negative thinking keeps you stuck

Understand the thought–feeling–action loop that keeps unhelpful patterns going.

When we don't stop to question our thoughts, they can quietly solidify into limiting beliefs. These are false stories we start to believe about ourselves and the world. Over time, these beliefs can make our goals feel impossible, even when they're completely within reach.

Thoughts → Feelings → Actions → Results



The Impact of Positive vs. Negative Thinking



Rewiring Your Thought Patterns



Catching Negative Thoughts

The first step to changing negative thinking is learning to spot it.

This can be tricky, especially if you've been stuck in the cycle for a while. But, the good news is that self-awareness is a skill and like any skill, it can be learned, developed and mastered over time.

Over the next 7 days, use the thought tracker to catch negative thoughts as they come up.

A negative thought is anything that:

- Makes you feel small, stuck, or ashamed
- Talks you out of trying
- Judges you harshly
- Focuses on failure or fear
- Closes off possibilities

Catching the thought is a win, even if you don't change it right away.



Remember: This is about building self-awareness, not being perfect.

Thought Tracker

Use this page to notice what triggers your negative thoughts, what those thoughts are and how they affect you. It helps you catch unhelpful thinking so you can choose a better response next time.



What happened? (Trigger or situation)	What was the thought? (Write it as it popped up)	Was it helpful or unhelpful? Why?
Example: I made a mistake at work	"I'm so stupid."	Unhelpful - it made me shut down and miss an opportunity.

How To Reframe Negative Thoughts

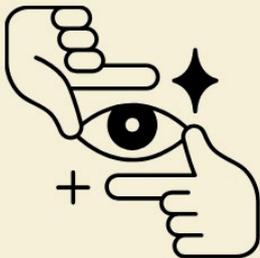
Once you've started getting the hang of spotting negative thoughts, the next step is to reframe them.

It's important to practice reframing as those thoughts come up in the moment. This is the key to breaking the negative thinking cycle and shifting toward a more positive, empowering mindset.

Use the table at the bottom of the page to practice.

Here's an example to get you started:

Negative Thought	Your Reframed Thought
"I always mess things up."	"Everyone makes mistakes, each one is a chance to learn."



Reframe the Thought

For each negative thought below, write a new version that is:

- True
- Optimistic
- Believable and helpful

"I'm going to fail."	
"People will judge me."	
"I should be further ahead."	

Reframing My Negative Thoughts

Take some of your own negative thoughts from the previous exercise and have a go at reframing them.

When you reframe a thought, it should be:

-  100% true – no fake positivity
-  Optimistic – focused on growth, possibility and self-compassion
-  Not just the opposite – it should feel believable and helpful, not forced

My Negative Thoughts	My Positive Reframe

Reassessing Feelings

Now that you've practiced reframing negative thoughts, it's time to look at how those shifts affect your emotions.

Our thoughts and feelings are closely connected. A single shift in thinking can spark a wave of relief, hope, or motivation.

By noticing how your emotions change after reframing, you'll start to see the real-time impact of your mindset. This builds emotional resilience and self-trust over time.

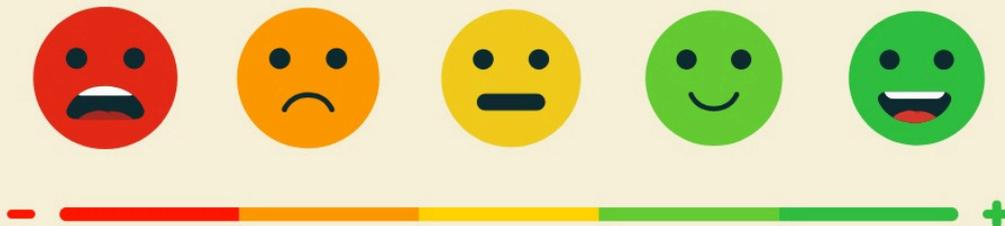
🧠 Thought shifts → 💬 Feeling shifts

Even small changes in your thinking can lead to big shifts in how you feel.

You might notice:

- A heavy feeling lifting, even just a little
- Less pressure or self-judgment
- A bit more calm, motivation, or hope

These changes might feel subtle at first, but they add up.



Learning to name and notice your emotions gives you more power to shift your state and respond in healthier ways.

Emotional Check in - Part 1

1 How Am I Feeling Today?

Look at the emotions wheel and write down 3 emotions you've felt today. Don't overthink it, just go with what stands out.

Emotion	What thought caused this?

2 Reframing Reflection

Go back to one of your reframed thoughts from earlier.

Let's dig into how that new thought changed the way you felt.

Original Thought	
Reframed Thought	
Emotion Before	
Emotion After	

Emotional Check in - Part 2

3 What Do My Emotions Tell Me?

Pick one of the emotions from today. Ask yourself:

- **What might this emotion be trying to tell me?**
- **Is there a need I haven't noticed?**
- **Is this emotion pointing to something I care about?**

Use the space below to reflect:

 My thoughts:

Taking Aligned Action - Reflection

Now that you've started noticing your thoughts, understanding your emotions and practicing reframing, the next step is to ask:

What can I do that aligns with the best version of myself?

Aligned actions are small steps that support the more empowered thoughts and emotions you've been working on. These actions don't have to be huge, they just need to move you gently in the direction of who you want to be.

Reflection

- **What's something I've been avoiding because of negative thinking?**
- **What would the more confident version of me do here?**
- **How would taking action make me feel?**
- **What's one small step I can take to move me in the right direction?**

Taking Aligned Action - Setting Goals

 Small, intentional actions done consistently lead to real change. Use this space to plan and track some actions that you'd like to take this week that align with your reframed thinking and emotional goals.

Remember: Be specific, choose something measurable and make sure it's realistic.

Action I could take	
Why it's important to me	

Action I could take	
Why it's important to me	

Action I could take	
Why it's important to me	

Wrapping It Up

You've just worked through a powerful process for understanding and breaking negative thought patterns. Here's what you've explored:

Awareness

- How thoughts, feelings, and actions are connected
- How to spot negative thoughts as they arise

Reframing

- How to challenge and reframe negative thoughts into truthful, optimistic ones
- How reframing can shift the way you feel and respond

Emotional Awareness

- How to use the emotions wheel to name and understand what you're feeling
- How to notice emotional shifts after reframing

Aligned Action

- How to turn new thoughts and emotions into small, purposeful steps
- How to build momentum with simple actions that match your values and goals

 Want support on your journey?

Check out my other resources or my 1:1 coaching options
- I'm here if you want help you go further.

[Resources](#)

[1:1 Coaching](#)

Thanks and best of luck with everything!