

Negative Thoughts Inventory Sheet

We all have approximately 70,000 thoughts a day. Many of them are very negative. This chart is to help you identify what your negative self talk is so that you can use intention to rephrase these so you can create for yourself a more positive inner dialogue.

Would you ever speak to someone else how you talk to yourself?

Negative Thought:	Example: "I can't do this"
Positive Rephrase:	Example: "I can accomplish anything I put my mind to"
Negative Thought:	
Positive Rephrase:	
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