



All of You Podcast

WORKSHEET: EPISODE 102 EXAMINING OUR THOUGHTS

Date:

Journaling is a great way to gain clarity, clear your mind, process, and practice mindfulness. It helps us shed light on emotions we tend to shy away from.

Follow along in our podcast to answer the questions below.

EXERCISE #1: THE MIND DUMP

Take a few moments to write down all the thoughts you have running through your brain right now. Don't overthink or shy away from any thoughts. If it pops up, jot it down. Feel free to also record any thoughts on your phone or laptop as well.

EXERCISE #2: TIME TO EXAMINE YOUR THOUGHTS

This part takes courage, authenticity, and vulnerability. Really think through your your thoughts, their origins, and their TONE. Acknowledge them, don't beat yourself up because of them. You're human. It's okay to feel what you feel. Write a few words to describe your tone, then move to Exercise #3.

EXERCISE #3: MOVE FORWARD

Think of and write down 1 - 3 ways you can change any negative self-talk or thoughts you may be experiencing. They can be mini-milestones — again, don't overthink. Come up with a few ways to start thinking positively. Some examples can be gratitude journaling, reciting positive affirmations, or mindful breathing.



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