CHECKLIST · PERSONAL DEVELOPMENT

FREE PREVIEW

Reframing Negative Thoughts

Reframing negative thoughts helps shift your mindset and improve emotional resilience. Use this checklist to develop healthier thinking patterns.



10 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 Acknowledge Negative Thoughts

Recognize when you're stuck in a negative mindset.

EXAMPLE *"I'm thinking, 'I'll never finish this project.'"*

2 Identify the Root Cause

Reflect on what triggered the thought.

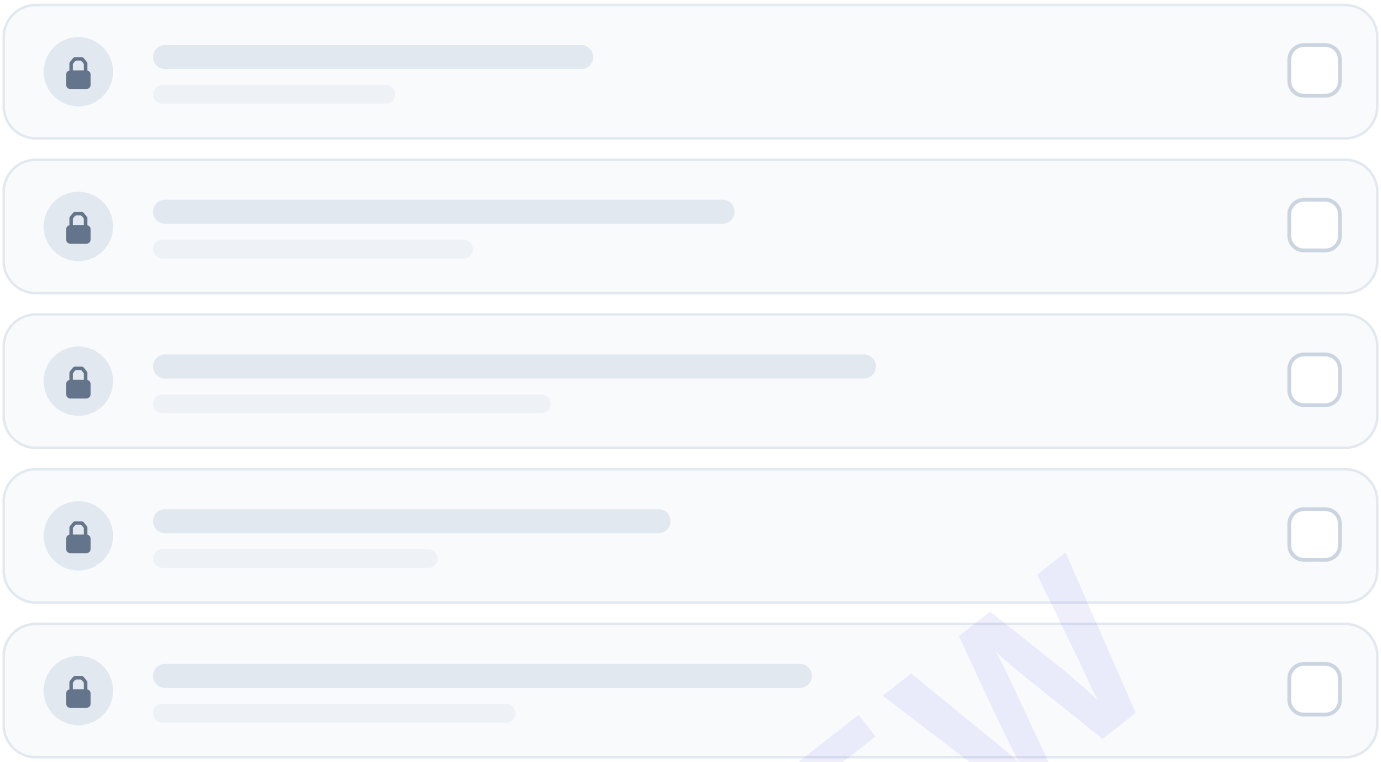
TIP *Consider external factors, stressors, or past experiences influencing your thinking.*

3 Question the Thought's Validity

Ask yourself, "Is this thought based on facts or assumptions?"

TIP *Seek evidence to support or challenge the thought.*

PREVIEW



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