

# THOUGHTS TRACKER.

Track your thoughts for a few days, both your positive and your negative thought, to get a better insights in your mind, as it functions on automatic pilot most of the time. Unconsciously sharing thoughts that you notice, anticipate or even get stuck upon. Negative thoughts are thoughts related to anger, blame (towards self or others), anxiety and fear, hopelessness, as well as should have/would have/could have's. Reflect on the recurring thoughts, question "why" you think them. Repeat 5x.

POSITIVITY & GRATITUDE	REGRET THE PAST	FEAR THE FUTURE	SHORTAGE	ABUNDANCE