

# TOOL.

## 'Thought Turnaround - Wins'.

Whenever you notice an unhelpful, negative or repetitive thought, this is an opportunity to rewrite your belief through taking action. It can seem scary (people will blame, leave or reject me etc.), but through doing we can free ourselves from our thoughts as well.

*We invite you to write the tool below in your journal.*

### **#1. AWARENESS OF THOUGHT:**



### **#2. DELIBERATE ACTION (TURNAROUND):**



### **#3. LEARNING OR INSIGHT**



### **#4. DIRECT RESULT OR RIPPLE EFFECT:**

*Each level (1 until 4) is a win or success on it's own. It's about rewarding yourself for being aware, open to learn, and willing to break unhelpful behavioural patterns.*

*Reflect after the situation how you feel? And if there is a new belief you have created or an old one you are gradually able to let go?*