



Day #2

Negative Thought Awareness

1) Pay attention to you negative thoughts and write them down.

Consider thoughts of:

- The Past** - things you have not yet come to peace with that trigger negative emotion(s) in you today
- The Present** - people, places, things, events, circumstances, etc.. that trigger negative emotion(s)
- The Future** - things you fear may happen in the future

2) Step back and identify any themes / patterns in your thoughts



Daily Reflection - Main take aways from today's video & activity:
