Name :	Date :
<b>POSITIVE MINDSET EXI</b>	PLORATION
Reflect on your thoughts and feelings. Answer each question honestly	
What current situation is causing you stress or worry?	
How are your thoughts influencing your emotions and behavior?	
Are there any unhelpful or irrational beliefs in this situation?	
What alternative, positive perspectives can you consider?	
What small action can you take to improve your mindset today?	