

Restructuring Negative Thoughts

Objective: Through this worksheet, you'll be able to identify, challenge, and restructure the negative thought patterns

Identify the last 3 negative thoughts

What event led to those negative thoughts?

Are those thoughts facts or assumptions?

Is the thought relevant? Why?

What could be the alternative of the respective thought?

EFFECTIVE GOAL FORMULATION

Objective: Through this worksheet, you'll be able to make SMART Goals for various life domains

IDENTIFY THE GOAL YOU WANT TO ACHIEVE

BREAK THE TASK INTO SMALL TASKS USING SMART

- _____
- _____
- _____
- _____
- _____

OUTCOME OF EACH SMALL TASK

OUTCOME OF YOUR SET GOAL

YOUR FEELINGS ONCE THE GOAL IS ACHIEVED

Identifying Ideal and Real Self

Objective: Through this worksheet, you'll be able to identify your real self and ideal self and form a positive self-image

What do you think is your real self (what you actually are)?

What do you think is your ideal self (how you would like to be)?

Is there any discrepancy between your real self and ideal self?

Do you indulge in positive behaviors or techniques to reduce the discrepancy?

Are you satisfied with your progress and your current self?