

Exercise: Thought Patterns

Have you ever observed how your thoughts influence your feelings and actions? Your thoughts play a big role in shaping your day-to-day life, guiding what you do and how things turn out for you. Over time, you've likely noticed that being positive or negative can really change your experiences. By thinking about the kinds of thoughts you often have and seeing how they affect your life, you can better understand their power. This insight allows you to adjust your thinking to create more positive outcomes.

Write down three thought patterns you often have and how they affect your daily life.

<u>Thought Pattern:</u>	<u>Results:</u>
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