

Fill Your Mind with Positive Thoughts

Objective: To determine whether assignments in positive thinking can reduce anxiety and bring a greater sense of well-being.

Experts tell us that if you are troubled by worries, negative thinking, or intrusive thoughts, you need to accept these thoughts rather than fight them or avoid them. In other words, you need to learn to tolerate these thoughts and understand that they are just thoughts and cannot hurt you.

There is a three-step procedure to deal with these distressing thoughts: recognize and label them; learn to observe them rather than react to them; let time pass. Although this may sound easy, it does take some practice.

Although therapists don't recommend fighting your distressing thoughts, there is evidence that paying attention to positive thoughts may have many benefits, and continued practice may even help re-wire your brain. The Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950> notes that positive thinking may help you cope better with stress, reduce your anxiety, and even improve your health.

This worksheet is designed to help you determine if focusing on positive thoughts can help reduce your anxiety and improve your overall sense of well-being. It requires you to write down positive thought assignments in a journal for one week and then reflect on whether this activity helps you focus less on your anxious thoughts.

Assignments in Positive Thinking

Directions: Get a journal or notebook and pick out an assignment to do each day from the list below. Use one page for each assignment. Do at least one assignment a day for a two-week period. At the end of the two weeks, answer questions about the usefulness of this activity.

Week of _____

Assignment	Check when Done
Write down five of your best qualities.	
Describe a favorite memory.	
Describe in detail the best day of your life.	
Make a list of your five most precious possessions,	
Make a "bucket list" of five things you would like to do in the next few years.	
Write down five positive adjectives that describe yourself.	
Write down a list of five favorite people you have known in your life.	
Write down five things you would like to do with your family.	
Write down five things you would like to do with your friends.	
Write down five people who inspire you.	
Write down five things you are grateful for.	
Write about a dream place you would like to live.	
Write about a favorite sports hero and what you admire about him or her.	
Write down something you did you are proud of.	
Describe a memorable happy birthday.	
Describe a favorite holiday and what you like about it.	
Describe a favorite place in nature.	
Write down a favorite dream you can remember.	
Write down a favorite memory from your childhood.	
Write down five things you are good at.	
Find and write down three inspirational quotes.	
Describe what you would do if you won \$10 million dollars in the lottery.	
Write down the names of five people you love.	
Write down five people who have influenced you in your lifetime.	
Write down five things you have accomplished in your life.	
Write down five things you did that made you proud.	
Write down three vacations you would like to take in the next few years.	
Write down a list of the five funniest movies or TV shows you enjoy.	
Describe a favorite character from a book.	
Describe a favorite character from a movie.	
Write down any positive thoughts you are having today.	

At the end of the two weeks answer these questions.

Did you notice any change in your mood over the last two weeks? When did this happen?

Ask someone who knows you well whether they noticed anything different about you in the last two weeks. Write down what they said.

Did you notice any decrease in your worrying over the last two weeks? What did you notice?

Rate this exercise on a scale of 1 to 4, with 1 being the lowest and 4 being the highest.

This exercise was helpful overall.

1 2 3 4

It helped me learn something new.

1 2 3 4

It helped me reach my goals.

1 2 3 4

Comments:
