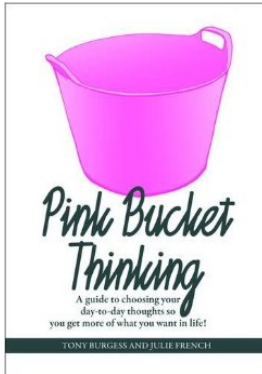


A worksheet relating to Chapter 2:  
Noticing how much of your think is pink

A simple thoughts audit



Thinking of a particular goal you wish to achieve or a particular desired outcome, ask yourself: 'What thoughts do I have around this?' then as a thought comes to mind, simply reflect of whether it will help you keep resourceful and help you access your best talents and keep you in a good emotional state ... or ... will hinder you by making you less resourceful, making it hard to access your best talents and putting you in an unhelpful emotional state. Just keep allowing your thoughts to flow and notice whether each is helpful or unhelpful. Write the unhelpful ones under the green bucket and write the helpful ones under the pink bucket. If a particular thought is helpful sometimes and unhelpful at other times then put it in both columns and make notes on when it is helpful and when it is not.



Unhelpful thoughts:



Helpful thoughts: