

Thought Catcher Worksheet

Supporting Session 1: Mindset Reset — Cultivating a Thriving Mindset

Step 1: Catch the Thought

Write down 3 recurring or intrusive thoughts you've noticed this week.

1. _____
 2. _____
 3. _____
-

Step 2: Examine the Thought

For each thought, answer the following:

- Is it true?
- Is it helpful?
- Is it kind?

(You can write Y/N or short reflections.)

Thought 1: Is it true? _____

Is it helpful? _____

Is it kind? _____

Thought 2: Is it true? _____

Is it helpful? _____

Is it kind? _____

Thought 3: Is it true? _____

Is it helpful? _____

Is it kind? _____



Step 3: Reframe with Compassion

Pick one thought from above. Gently rewrite it with more compassion and curiosity.

Original Thought:

Reframed Version:

Example: "I'm failing at everything." → "I'm feeling overwhelmed. One small win today is enough."

Optional Bonus: Track Your Mood

Use the chart below to track how your thoughts and moods evolve throughout the week.

Day	Mood (2-3 words)	Helpful Thought Practiced? (Y/N)
Mon		
Tue		
Wed		
Fri		
Sat		
Sun		



Final Reflection:

What did you notice about your thinking patterns this week?

How did it feel to reframe a thought with kindness?

One thought I choose to carry forward:

You are not your thoughts. You are the observer with the power to choose.