



# Thought Catcher Worksheet

*Supporting Session 1: Mindset Reset — Cultivating a Thriving Mindset*

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## Step 1: Catch the Thought

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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## 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? \_\_\_\_\_

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## Step 3: Reframe with Compassion

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

**Original Thought:**

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**Reframed Version:**

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*Example:* “I’m failing at everything.” → “I’m feeling overwhelmed. One small win today is enough.”

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## 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?**

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**How did it feel to reframe a thought with kindness?**

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**One thought I choose to carry forward:**

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