

**~ SHRINKING OVERTHINKING ~ Worksheet 3 - July 2024**

**What might go RIGHT?**

Obsess on this instead!

If you are going to be making up stories in your head, at least make up a good one.

Remember your brain is like google: so get it going down a POSITIVE rabbit hole and linking one uplifting thought to another.

**Here’s a thing that’s happening for me tomorrow/next week/next month…**

**The best possible outcome would be if**

**As well as**

**And also if this magically fell into place that would be great…**

**And, now I am on the subject of things going well, this thing worked out great for me today/this week…**

**Actually, three quick things that went right with my day today were**

**1.**

**2.**

**3.**

**Nice ☺ I love it when things are going right, and actually when I get my brain into the groove I can see that is happening pretty often in my world.**