

Wellbeing inspr thatz  
**practical, not preachy**

love. Louise x

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WELLBEING WARRIORS

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## ~ 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.

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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.