

# MINDSET SHIFT

*action sheets*

*for  
Anxiety*



THE RED NOTEBOOK

## Daily Affirmation

I'm perfectly, wonderfully imperfect.  
I have infinite grace for myself and for others.  
I'm full of unlimited possibilities.



Right now I'm thankful for:

Blank space for writing a response to the gratitude prompt.



Thought Amendments:

I'm struggling with this thought:

This thought was triggered by:

I'm going to change the outcome of the story I just told myself like this:

# WHAT'S THE

# Best

# THAT COULD HAPPEN?




## Top Tasks

1

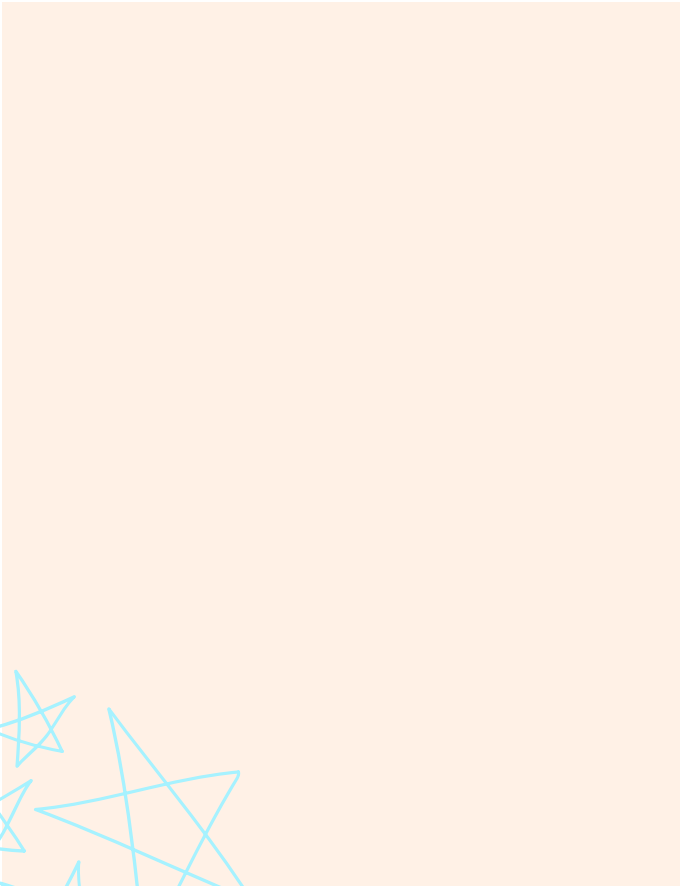
2

3

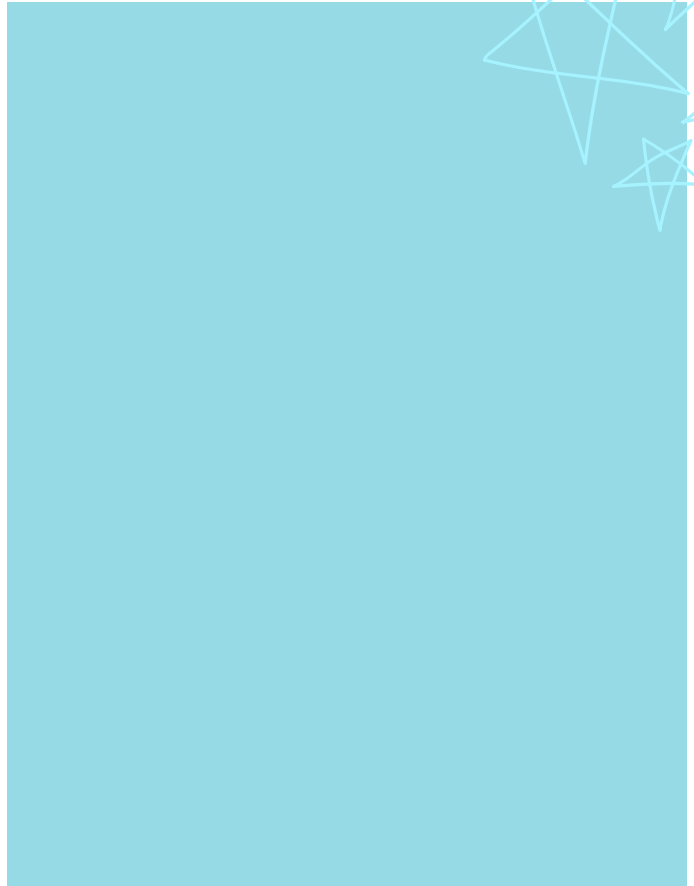
*My day would be a 'win' if I  
do this one thing:* 

Three horizontal lines for writing a response to the 'win' prompt.

My Strengths



My Fears Today



*Creative Free Space*

