



Abundance Therapy Education and Coaching

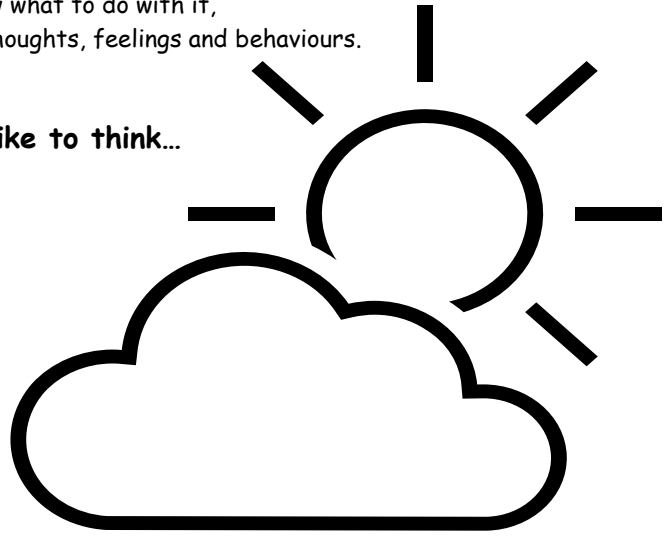
Replacing Negative Thoughts Cloud Sheet

When you have a negative thought and you do not know what to do with it, go through this task and replace it with the positive thoughts, feelings and behaviours.

I think...



I would like to think...



I feel...



I would like to feel...



When I think and feel this way I act like...



I would like to act...

