

# Reframe Your Brain: Thoughts are Things

The thoughts you think every day shape the direction of your life. Negative thoughts can quietly take away your joy, energy, and confidence, while positive thoughts can help you see new possibilities and brighter opportunities. This simple exercise is designed to help you become more aware of the thoughts running through your mind and give you the chance to reframe them. When a negative thought appears, pause and rewrite it into a more positive perspective. By practicing this shift, you train your brain to focus on what is good, hopeful, and possible. Remember, thoughts are powerful. When you reframe your thinking, you can help guide your life in a more positive direction.

## Negative

## Positive




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## Negative

## Positive

I don't like my weight.	I am working on getting stronger. I have a body to get me around.
I hate the rain.	I love the flowers, trees, and bushes that grow because of rain.
I hate driving to work.	I am so thankful I have a job.
I don't like cleaning my house.	I am grateful I have a roof over my head and a home to clean.
I don't like pulling weeds or mowing the grass.	At least I have a yard to play with my dog and have a picnic in.
I don't like doing the dishes.	I am thankful I have food to fuel me.
My spouse doesn't help me enough.	Maybe my spouse shows support in different ways. I can communicate what I need and appreciate what they already do.



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