THOUGHTS TRACKER

What goes on in your head? Track your main thoughts throughout the day in the corresponding sections. Was the thought more positive or negative? Reflect on what you can do to make positive thinking changes! Make it yours! Doodle inside each pie space for creative art therapy.

We want to see your thoughts & creative art! Post a photo or video of your thought tracker and tag @HealthCorps!

@healthcorps.org
LET'S REFLECT

Use the same thoughts from the thoughts tracker and think of a way to shift your mindset to positive thinking through logic and reason.

Note to self: It's okay to have negative thoughts, we're human! There may not always be solutions to fix them right away, but we should never give up!

BEFORE:

NEGATIVE THOUGHT

AFTER:

POSITIVE THOUGHT

School from home is so hard, it's impossible for me to learn.

This may be hard at first, but I can do it as long as I try. I can also try asking my teacher or mentors for help.