



The EXPECTATION GAPS

Why Is It So Hard to Create a Positive Mindset

This worksheet will help you recognize your negative thought patterns and identify your negative influences so that you can practice cultivating a positive mindset.

Quickly jot down 3 - 5 things you were thinking about before you began this exercise.

Which of these were **negative thoughts**?

Now, take each negative thought and break it into pieces -- what part of the thought is fact? And what part is a story you've created about the situation?

Based on the facts, and the facts only, can you shift your mindset about the situation? Look at it from a different angle? And maybe even look at it positively? Explain.

The next time you notice negative thoughts creeping into your mind, go through this quick exercise.

1. Slow your breathing
2. Break the thought into pieces
3. Redirect your thinking / shift your mindset

Jot down the first 3 - 5 **negative influences** you think of that you encounter regularly. (Could be a person or group of people, a social media account or channel, a show that you watch or listen to, etc.)

What, specifically, is it about the messages you receive from this influence that make them negative messages?

How does thinking about those messages make you feel?

Is it possible to remove these negative influences from your life? And, if so, what action can you take to do so?

If it's not possible to remove the negative influence, how can you change the way you interact with or react to this influence so that its negativity doesn't affect your mindset?

What mantra can you repeat to yourself to maintain your positive mindset when you're faced with this influence ?

Identify a **negative safe space** you've created for yourself. A space that stands between you and a positive mindset. It could be a routine, a habit, or a world view you've adopted.

Why does this space feel comfortable to you? In other words, what underlying fear are you avoiding in this space?

What's one step you can take today to get away from, or out of, that space?

One last thing ...

Don't forget to write down 3 things you are grateful for first thing in the morning.

If you haven't done this yet today, you can go ahead and do it here 😊.

Reach out if I can offer any other inspiration, advice, or encouragement.

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If you think this worksheet will be a valuable resource for you, please consider supporting us for as little as \$1 by "buying me a coffee" on Ko-Fi:

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