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Mental Health & Wellbeing

Positive Thinking Workbook

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Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health and wellbeing information.

The exercises in this workbook are designed for self-reflection and personal development. They are not a substitute for professional medical, psychological or therapeutic advice.

If you are experiencing significant mental health difficulties, please seek support from your GP or another qualified healthcare professional.

If you or someone else is at immediate risk of harm, contact your local emergency services immediately.

By using this workbook, you acknowledge that you are responsible for your own wellbeing and decisions.

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PAGE 1 – Understanding Positive Thinking

Positive thinking doesn't mean pretending that problems don't exist.

It means approaching life's challenges with hope, balance and the belief that you can cope, learn and continue moving forward.

Learning to notice helpful thoughts can improve your confidence, resilience and overall wellbeing.

♥ When something difficult happens, I usually...

- ☐ Look for a solution.
- ☐ Focus on what went wrong.
- ☐ Believe things can improve.
- ☐ Expect the worst.
- ☐ Ask for support.
- ☐ Learn from the experience.
- ☐ Keep trying.
- ☐ Feel like giving up.
- ☐ Other:

♥ What would I like to think more positively about?

♥ What could a more balanced way of thinking look like?

Remember

Positive thinking isn't about being positive all the time.

It's about recognising challenges while believing that you have the ability to cope and grow.

Small changes in the way you think can lead to meaningful changes in the way you feel and respond.

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PAGE 2 – Recognising Negative Thought Patterns

Everyone experiences negative thoughts from time to time.

Sometimes our minds automatically focus on the worst-case scenario or overlook the positive things happening around us.

Learning to recognise these patterns is the first step towards developing more balanced thinking.

 I sometimes find myself thinking...

☐ "I'm not good enough."

☐ "Things will never get better."

☐ "I always get things wrong."

☐ "Nobody understands me."

☐ "I'll probably fail."

☐ "I'm a burden."

☐ "Everything is going wrong."

☐ Other:

♥ How do these thoughts affect me?

☐ I lose confidence.

☐ I feel anxious.

☐ I feel sad.

☐ I avoid trying.

☐ I feel stressed.

☐ I give up easily.

☐ Other:

♥ A More Balanced Thought

Instead of thinking...

I could remind myself...

Evidence That Supports a More Positive View

Write down three things that show you are capable, resilient or making progress.

1.

2.

3.

Remember

Thoughts are not always facts.

You don't have to believe every negative thought that enters your mind.

With practice, you can learn to notice unhelpful thinking and replace it with thoughts that are kinder, more balanced and more realistic.

Changing the way you think can help change the way you feel.

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PAGE 3 – Focusing on What You Can Control

Life often brings situations that are outside of our control.

Worrying about things we cannot change can leave us feeling overwhelmed and exhausted.

Focusing your energy on what you can influence can help you feel calmer, more confident and better able to cope.

 Right now, I'm worrying about...

 Can I control this?

☐ Yes

☐ Partly

☐ No

 If I can control it, I will...

- ☐ Take one small step today.
- ☐ Make a simple plan.
- ☐ Ask for help if needed.
- ☐ Learn more about the situation.
- ☐ Stay patient.
- ☐ Other:

 If I can't control it, I can...

- ☐ Accept that it's outside my control.
- ☐ Focus on today.
- ☐ Practice deep breathing.
- ☐ Spend time doing something positive.
- ☐ Talk to someone I trust.
- ☐ Be kind to myself.
- ☐ Other:

 One positive action I can take today

Remember

You don't have to solve every problem today.

By focusing on what you can control, you free up energy for the things that truly matter.

Small positive actions can help you feel more hopeful, capable and in control of your future.

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PAGE 4 – Looking for the Positive

When life feels difficult, it's easy to focus only on what's going wrong.

Looking for the positive doesn't mean ignoring challenges. It means choosing to notice the good things that exist alongside them.

Over time, this habit can help build hope, resilience and emotional wellbeing.

Three good things that happened today

1.

2.

3.

♥ Something that made me smile

♥ Something I'm looking forward to

♥ One positive quality about myself

Remember

Some days it may be difficult to find something positive, and that's okay.

Even the smallest moments—a kind word, a smile, a peaceful walk or a good cup of tea—can remind us that hope still exists.

The more you practise noticing the positive, the easier it becomes to recognise it in everyday life.

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PAGE 5 – Practising Gratitude

Gratitude is about noticing the things that bring value, comfort or joy to your life, even on difficult days.

Practising gratitude doesn't mean ignoring challenges. It means recognising that positive moments can exist alongside them.

Over time, gratitude can help develop a more balanced and hopeful outlook.

 Today I am grateful for...

1.

2.

3.

♥ Someone who made a positive difference today

♥ Something I achieved today

♥ One thing I appreciate about myself

Remember

Gratitude isn't about having a perfect life.

It's about recognising the moments, people and experiences that bring hope, comfort and happiness.

The more you notice the good in your life, the more your mind learns to look for it.

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PAGE 6 – Positive Self-Talk

The way you speak to yourself can have a powerful impact on how you feel.

Negative self-talk can lower confidence and make challenges seem bigger than they are. Positive self-talk doesn't ignore difficulties—it reminds you that you are capable of getting through them.

Learning to speak to yourself with kindness takes practice.

 I sometimes tell myself...

- ☐ "I'm not good enough."
- ☐ "I always get things wrong."
- ☐ "I can't do this."
- ☐ "I'll never change."
- ☐ "I'm a failure."

☐ Other:

♥ A kinder way to respond

Instead of saying...

I could say...

♥ Three positive things I can remind myself every day

1.

2.

3.

My Daily Positive Statement

Write one sentence you can read every morning.

Remember

You spend more time with yourself than anyone else.

Make your inner voice one that encourages, supports and believes in you.

Small, positive words repeated every day can help build confidence, hope and resilience over time.

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PAGE 7 – Surrounding Yourself with Positivity

The people, places and activities around you can have a big impact on your thoughts and wellbeing.

While you can't always avoid negativity, you can make choices that help create a more positive and supportive environment.

Remember, small positive influences can make a meaningful difference over time.

♥ Things that lift my mood

- ☐ Spending time with family.
- ☐ Talking to friends.
- ☐ Going for a walk.
- ☐ Listening to music.
- ☐ Reading a book.
- ☐ Spending time in nature.
- ☐ Exercising.
- ☐ Helping others.
- ☐ Learning something new.
- ☐ Other:

♥ People who encourage and support me

1.

2.

3.

♥ One positive thing I can add to my daily routine

♥ How can I reduce negativity in my life?

☐ Spend less time on negative social media.

☐ Set healthy boundaries.

☐ Take regular breaks.

☐ Focus on supportive relationships.

☐ Practice gratitude.

☐ Spend more time outdoors.

☐ Other:

♥ Remember

You don't have to change everything at once.

Small positive choices each day can help create a healthier, more hopeful environment for your mind and wellbeing.

The more positivity you surround yourself with, the easier it becomes to notice the good in yourself and the world around you.

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PAGE 8 – Choosing Hope

Hope isn't about believing that life will always be easy.

It's about believing that difficult times can change, that challenges can be overcome and that tomorrow brings new possibilities.

Hope helps us keep moving forward, even when progress feels slow.

 When life feels difficult, I can remind myself...

- ☐ Difficult times don't last forever.
- ☐ I have overcome challenges before.
- ☐ I don't have to face everything alone.
- ☐ Every small step matters.
- ☐ I am learning and growing.
- ☐ There is always something I can do today.
- ☐ It's okay to ask for support.
- ☐ Other:

 Something I hope for in the future

♥ One small step I can take towards that hope

♥ A message of hope to myself

Write a message you can read whenever you're having a difficult day.

♥ Remember

Hope doesn't require certainty.

It simply asks you to believe that change is possible.

Even the smallest positive step can move you closer to the future you want to create.

Never underestimate the power of hope—it can help carry you through life's most difficult moments.

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PAGE 9 – My Positive Thinking Plan

Positive thinking is a habit that develops through daily practice.

Creating a personal plan can help you remember the thoughts, habits and people that encourage you when life feels challenging.

Remember, progress is made one thought, one choice and one day at a time.

 Things That Help Me Think More Positively

- ☐ Practising gratitude.
- ☐ Spending time outdoors.
- ☐ Talking to someone I trust.
- ☐ Reading something inspiring.
- ☐ Exercising.
- ☐ Taking breaks when needed.
- ☐ Spending time with supportive people.

☐ Being kind to myself.

☐ Celebrating small achievements.

☐ Other:

 My Daily Positive Habits

1.

2.

3.

 My Support Network

1.

2.

3.

My Personal Reminder

When negative thoughts appear, I want to remember...

Remember

Positive thinking doesn't mean ignoring life's difficulties.

It means choosing to believe in your ability to cope, grow and keep moving forward.

Every positive thought you practise helps build confidence, resilience and hope.

Your mindset can become one of your greatest strengths.

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PAGE 10 – My Positive Thinking Action Plan

Congratulations on completing this workbook.

Positive thinking isn't about pretending that life is perfect. It's about choosing a balanced, hopeful mindset that helps you face challenges with confidence and resilience.

Use this page to create your personal plan for continuing to build positive thinking every day.

Three Things I Will Focus On

1.

2.

3.

Every Day I Will...

- ☐ Speak kindly to myself.
- ☐ Notice something positive.
- ☐ Practice gratitude.
- ☐ Focus on what I can control.
- ☐ Celebrate small achievements.
- ☐ Learn from challenges.
- ☐ Spend time with supportive people.
- ☐ Take one positive step towards my goals.

My Personal Reminder

When life feels difficult, I want to remember...

My Positive Thinking Promise

"I choose to look for hope, recognise my strengths and believe in my ability to overcome challenges. I understand that positive thinking is built through small daily choices, and I will continue taking those steps with patience and kindness."

Signature: _____

Date: ____ / ____ / ____

Final Thoughts

A positive mindset doesn't remove life's challenges, but it can help you face them with greater confidence, resilience and hope.

Be patient with yourself, celebrate your progress and remember that every positive thought and action matters.

Thank you for using this workbook.

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♥ Supporting your mental health and wellbeing, one positive thought at a time.