MindTools
Essential skills for an excellent career

Worksheet

# Thought Awareness, Rational Thinking and Positive Thinking

| Negative Thought | Rational Thought | Positive Thought |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

© Copyright Mind Tools Ltd, 2006-2015.
Please feel free to copy this sheet for your own use and to share with friends, co-workers or team members, just as long as you do not change it in any way.