Thought Cleanse Excercise

To complete a Thought Cleanse you must become aware of all of the thoughts that you are having about a particular circumstance. Use this thought management exercise as a tool to help you think more intentionally and view your circumstance from a more positive & solutions based perspective. In the circumstance box below, list one circumstance in your life that is challenging and/or causing you to feel stuck. In the Problem Thoughts section, write down all of the thoughts that you are currently having about the circumstance. After, read your entire list and mark the top 3 thoughts that are causing you to feel stuck. In the *Solution Thoughts* section write a 2-3 possible solutions for each of the 3 thoughts the you marked. The Solution Thoughts should offer you solutions to the problem that you are having. After you identify solutions, pick one that you'd like to use, and take action toward implementing that solution. If that solution doesn't work, try another and/or brainstorm other solutions until you find what works.

Circumstance: Company Website **Problem Thoughts:** I don't know how to create one, I can't afford to hire someone
Solution Thoughts: I can watch a tutorial & learn to do it / I can get a free template and insert my info / I can barter my services with a web designer / I'll just use social meadia

Circumstance :

Problem Thoughts

Solution Thoughts

Solution Thoughts

Solution Thoughts

© DeAnn LifeCoach Day | CoachingDaydreams.com
Based off of the Self Coaching Model created by Brooke Castillo at TheLifeCoachSchool.com