

My Thoughts Journal

Date: _____

Time	Thoughts
6 am	
7 am	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	
11 pm	

In a day what percentage of your thoughts are:

Thoughts	Positive %	Negative %	Neutral %
Automatic (not aware of your thoughts)			
About the past (replaying old hurts / events)			
About the future (anticipating problems)			
About problems (
General movies in the mind			
In the Now			
About Love			
What you want			
Where you want to be			
Uplifting			
Negative			
Health			
Sickness			
Abundance			
Lack			
Happiness			
Unhappiness			
(add your own)			
Total %			

Remember that we are normally asleep for a 1/3rd of our day. What are you thinking for the remaining 2/3rds?