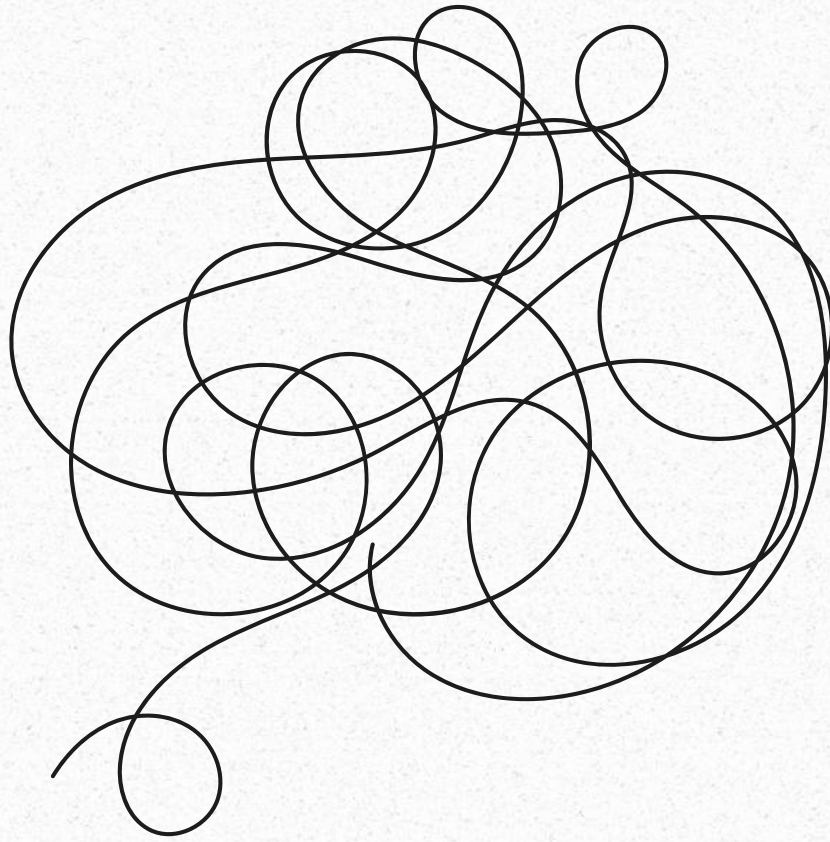




stop overthinking workbook

"You don't have to control your thoughts. You just have to stop letting them control you."

— David Foster Wallace

GET TO KNOW ME!

Hello! My name is...

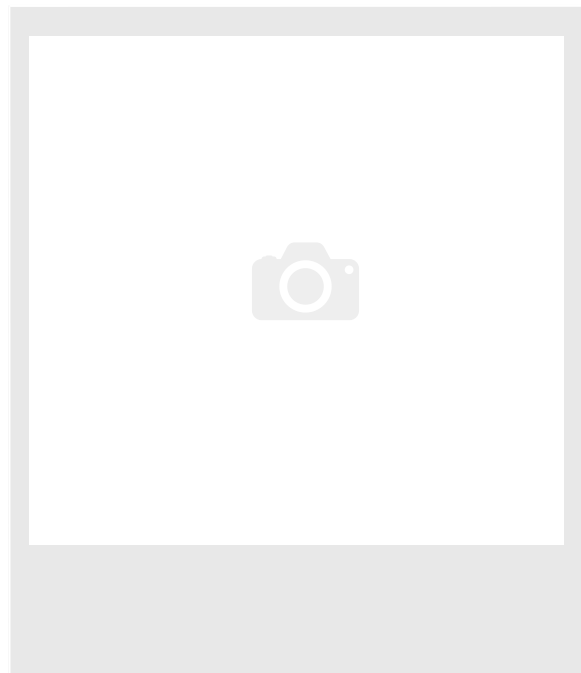
Nickname

Age

Address

Birthday

Zodiac Sign



My Hobbies are

Fun Facts About Me

My Favorite

Color:

.....

Food:

.....

Pet:

.....

Song:

.....

Movie:

.....

My Motto in Life

QUIET YOUR MIND

Overthinking can make you feel worried and stressed. This workbook will help you break free from those thoughts and find peace. With easy exercises and reflections, you'll learn to manage your thoughts and feel calmer and more focused.

Why Use This?

- **Understand Your Thoughts:** Learn what makes you overthink and how it affects you.
- **Practice Mindfulness:** Discover ways to stay present and reduce anxious thoughts.
- **Be Kind to Yourself:** Learn to be gentle with yourself as you explore your thoughts.
- **Build Healthy Habits:** Create routines that help you think clearly and feel good.

How to Use This?

- **Be Consistent:** Try to write in your workbook every day or week. This helps build new habits.
- **Be Honest:** Write openly about your thoughts and feelings. This is your safe space.
- **Be Patient:** Change takes time, so be patient with yourself as you grow.

What You Can Expect

As you use this workbook, you'll start to see patterns in your thinking and learn new ways to calm your mind. You'll reflect on your experiences, practice staying in the moment, and set goals for feeling better. Over time, you'll feel more in control and less overwhelmed by overthinking.

Let's Begin

Take a deep breath and get ready to explore a more peaceful version of yourself. Remember, you can change your thoughts and create a calmer, happier life.

DAILY ENTRIES

Date: / /

M T W T F S S

Gratitude List (3 Things I am grateful for)

➤

➤

➤

Positive Affirmations (I am...)

➤

➤

➤

Visualization Exercise (Draw or describe your ideal day or desired outcome)

Inspired Actions (List actions you will take today to bring you closer to your goals.)

Evening Reflection: What went well today?

What could be improved?