

PINPOINT JOURNAL

Do you find yourself feeling negative, acting negatively, or thinking negatively? Using the below journal, pin point your triggers to better understand how to combat negatively and impulsive behavior. You may also use this to pin point your positive triggers, when do you feel good, act positive and think positive. Now, replicate and repeat as often as possible - find your happy places.

Consider the following when pinpointing your positive or negative thoughts or actions.

Thought or Action

Who does the voice sound like?

Time of day:

What are you doing?

Who are you with?

Where are you at?

Are there specific sounds, smells or tastes?

Circle One: POSITIVE or NEGATIVE Date: / / Time of day:

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