

Flourish Financially Challenge



“Alexa, open the Flourish Financially Challenge.”

Positive Thinking

WORKSHEET

To use this worksheet, try to come up with some of the negative thoughts you have had lately, and write them down. Then think of some positive thoughts you can use to replace them in your internal dialogue. This can be difficult at first, but you’ll soon begin to feel empowered so that negativity and setbacks won’t derail your future plans.

NEGATIVE THOUGHT	POSITIVE ALTERNATIVE

