We want to see your thoughts & creative art! Post a photo of your thought tracker and tag @TeenHealthVibe

THOUGHTS TRACKER

What goes on in your head? Track your main thoughts throughout the day in the corresponding sections. Was the thought more positive or negative? Reflect on what you can do to make positive thinking changes! Make it yours! Doodle inside each pie space for creative art therapy.
LET'S REFLECT

Use the same thoughts from the thoughts tracker and think of a way to shift your mindset to positive thinking through logic and reason.

Note to self: It's okay to have negative thoughts, we're human! There may not always be solutions to fix them right away, but we should never give up!

BEFORE: (NEGATIVE THOUGHT)

School from home is so hard, it's impossible for me to learn.

AFTER: (POSITIVE THOUGHT)

This may be hard at first, but I can do it as long as I try. I can also try asking my teacher or mentors for help.

BEFORE: (NEGATIVE THOUGHT)

After: (POSITIVE THOUGHT)

BEFORE: (NEGATIVE THOUGHT)

BEFORE: (NEGATIVE THOUGHT)

AFTER: (POSITIVE THOUGHT)

BEFORE: (NEGATIVE THOUGHT)

AFTER: (POSITIVE THOUGHT)

BEFORE: (NEGATIVE THOUGHT)

AFTER: (POSITIVE THOUGHT)

BEFORE: (NEGATIVE THOUGHT)

AFTER: (POSITIVE THOUGHT)

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