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Heart of Happiness Webinar

Changing the Channel Exercise

Part 1: Your Thoughts

Throughout your day, write your positive and negative thoughts down as you realize them. Notice which of your thoughts are energizing versus depleting, then in the column to the right of the thought, write E for energizing or D for Depleting.

Thoughts

E or D

	Thoughts	E or D
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		

Use another page, if needed, to write down more of your thoughts.

Part 2: Change the Channel

Review your list of negative, or depleting, thoughts.

Now, for each negative thought that you experienced, think of a positive alternative thought and write it down next to the negative thought. (Only use as positive thoughts those that feel energizing or uplifting.)

Negative thought	Positive alternative

Negative thought	Positive alternative

Negative thought	Positive alternative

Negative thought	Positive alternative

Negative thought	Positive alternative

Repeat this exercise regularly will help you notice your negatively feeling thoughts quickly.

