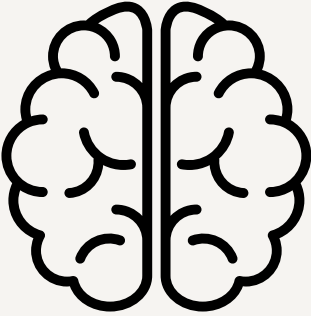


*On the journey.*

## Monitoring Thoughts



List down your  
most common  
critical thoughts

I.e. You are not good enough.

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# Weekly Thought Chart

**Monday:**



What highlighting thoughts has passed from my mind today?

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**Tuesday:**



What highlighting thoughts has passed from my mind today?

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## Wednesday:



What highlighting thoughts has passed from my mind today?

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## Thursday:



What highlighting thoughts has passed from my mind today?

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## Friday:



What highlighting thoughts has passed from my mind today?

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## Saturday:



What highlighting thoughts has passed from my mind today?

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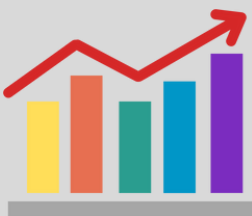
## Sunday:



What highlighting thoughts has passed from my mind today?

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## Summarize overall pattern

From the thoughts that are ongoing are there any commonalities?

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