

Active-Reflection Worksheet

Date	Positive Thinking Targeted for Reflection	Outcome of Active Reflection
1.		
2.		
3.		
4.		
5.		

Completing the worksheet will help motivate you to practise active reflection. It's also a resource you can use to evaluate your progress. Are you getting better at increasing your sensitivity to the positive thoughts and feelings throughout your day? To continue practising this skill, you can visit www.overcoming.co.uk to download other copies of the active-reflection worksheet.