

My Think Sheet



What I chose to do



I tried



I tried to



to



to



to



to



How it made me feel



Happy



Sad



Neutral



Sad



Sad

Next time I can choose to



I tried to



to



I tried to



to



I tried to



to



I tried to



to

My positive choices will lead to



I tried to



to



I tried to



to



I tried to



to



I tried to



to



I tried to



to