

My Think Sheet

Use this sheet to record what you think about your choices.

What I chose to do



What I did



What I did



What I did



What I did



What I did



What I did



How it made me feel



Happy



Proud



Happy



Proud



Proud

Next time I can choose to



I can choose to



I can choose to



I can choose to



I can choose to



I can choose to



I can choose to



I can choose to



I can choose to

My positive choices will lead to



My positive choices will lead to



My positive choices will lead to



My positive choices will lead to



My positive choices will lead to



My positive choices will lead to