



Sacred Depths Certification

Negative Thought Tracker

Date & Time	Negative Thought(s)	Where was I?	Who was with me?	What event initiated the thought(s)?	What action(s) did the thought(s) cause me to take or not take?	How did the thought(s) affect my experience?	What is a better thought you can focus on?

Negative Thought Tracker *(continued)*

Date & Time	Negative Thought(s)	Where was I?	Who was with me?	What event initiated the thought(s)?	What action(s) did the thought(s) cause me to take or not take?	How did the thought(s) affect my experience?	What is a better thought you can focus on?