WORKSHEET

YOUR OCEAN OF THOUGHT

Our thoughts shape the inner environment we live in.

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This worksheet will help you become aware of your thoughts, replace those that don't serve you, and intentionally nurture a positive mental space.

1. Reflect on Your Current Ocean

Take a moment to write down the thoughts you've been repeating lately. What "drops" have been filling your ocean?

2. Notice the Impact

How do these thoughts make you feel? Are they creating clarity and calm, or are they adding to stress and overwhelm?

3. Replace the Murky Drops

For each thought that feels heavy, write a replacement that feels kinder or more hopeful. For example:

- *Heavy Thought*: "I'll never figure this out."
- *Kind Thought*: "I'm learning step by step, and that's enough."

4. Commit to Repetition

Choose one or two kind thoughts to repeat throughout the day. Let them become the drops that fill your ocean over time.

5. Weekly Reflection

At the end of the week, take a moment to check in. How has focusing on kinder thoughts shifted your inner landscape?

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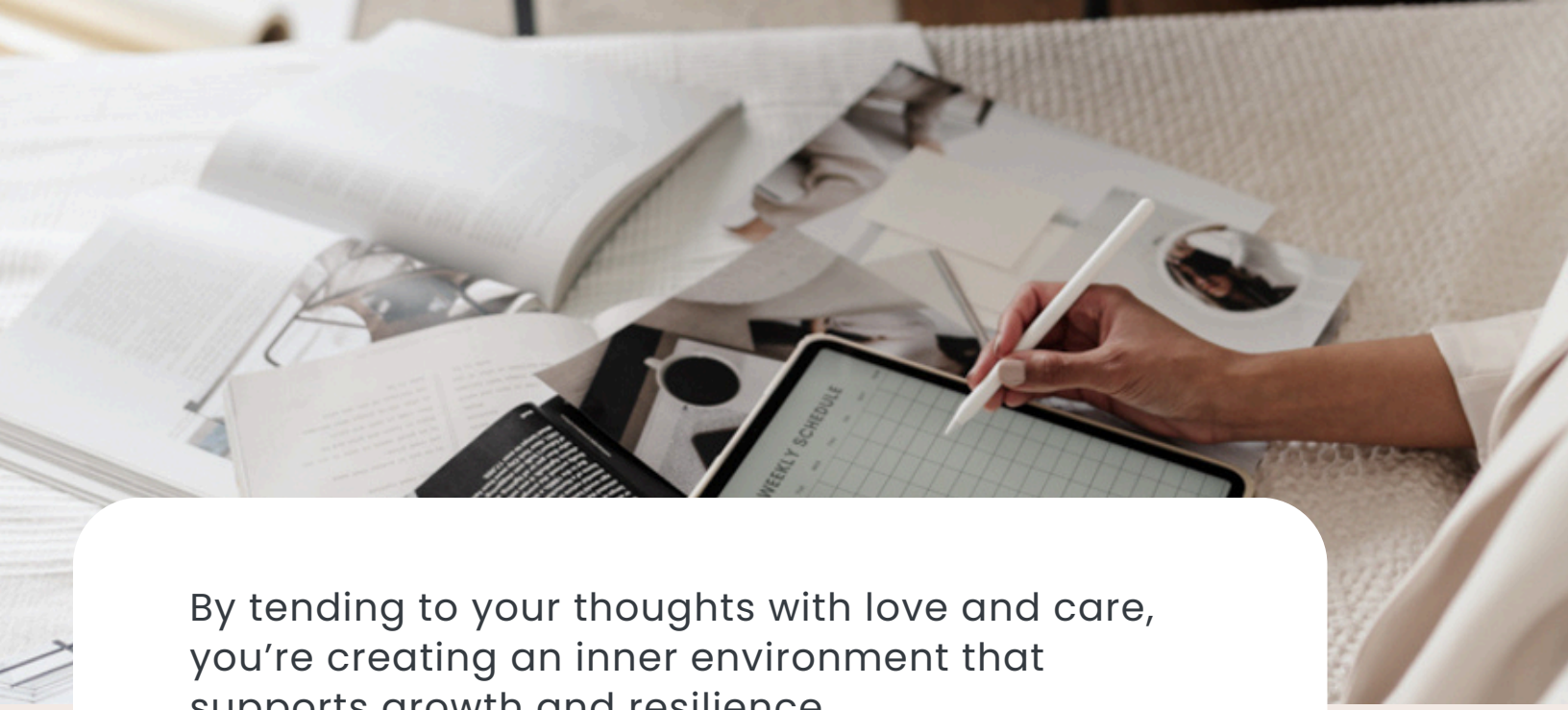

By tending to your thoughts with love and care, you're creating an inner environment that supports growth and resilience.

Like the ocean, your thoughts are ever-changing —there's always time to clear and renew them.

> **You don't have to control your thoughts; you just have to stop letting them control you.**
>
> **– Dan Millman**

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