CREATE YOUR BALANCE

BRIGHTER THOUGHTS BRIGHTER DAYS

For every negative thought or comment, practice refilling with 7 positives.

We are not ignoring hard things — we are helping the brain rebuild balance.

One negative can feel loud. Let's refill with seven truths, strengths, or supportive thoughts.

1 THE NEGATIVE THOUGHT OR COMMENT

What is the thought, message, or comment that is weighing on you?



2 MY 7 POSITIVE REFILLS

Write seven positive truths, strengths, reminders, or supportive responses that help rebalance the thought.

1.

2.

3.

4.

5.

6.

7.

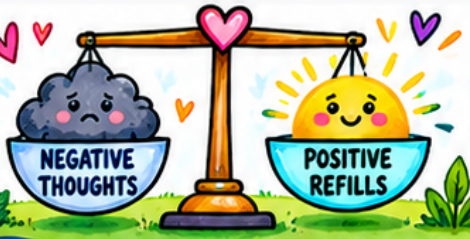
These can be kind words, facts, affirmations, strengths, or reminders of support.

3 HOW DID THE BALANCE SHIFT?

Before refilling, I felt...

After refilling, I notice...

One positive I want to remember most is...



MORE BALANCE BRIGHTER YOU!

4 MY BALANCE PLAN

CHALLENGE
REFILL
REACH OUT
GROW
REPEAT

One negative thought I want to challenge more often:

One positive refill I can practice daily:

One person or support I can turn to:



MY SUPPORTIVE REMINDERS:

- [ ] Self-compassion
- [ ] Truth
- [ ] Support
- [ ] Encouragement
- [ ] Perspective
- [ ] Hope
- [ ] Connection

What we repeat matters. Positive refills help rebuild the way we see ourselves.