**A close up of a logo

Description automatically generated**

**THOUGHT DOWNLOAD SHEET**

*“The Pen is the tongue of the Mind” - Horace*

The purpose of this exercise is to download as many thoughts, feelings, stories, pictures as you can about the topic, issue or problem you want to address. You might be surprised at what comes out when you put pen to paper!

**How to do it.**

Pick a time and space when you will not be disturbed. Sit comfortably without your phone or any distractions. You might like to use some different coloured pens or pencils.

When you are set up, take 10 long deep breaths – counting in for 4 seconds, holding for 4 seconds, breathing out for 4 seconds and holding again for 4 seconds. Feel your body relax and free your mind as you repeat this process for your 10 breaths.

Now write down the Topic you want to focus your attention on.

As you work through each section be as honest and organic as you can. This is all about you – this is completely confidential and the more open you are the deeper you can dig which will give you the best outcome possible. There is no right or wrong way to do this exercise, your interpretation your creativity and your download is exactly that – YOURS. Be as detailed as possible. If you run out of space, flip the page over and use the other side… if you’re on a roll and your pen has become possessed… get more paper, keep writing! Your story is important, your thoughts and feelings are very relevant and real!

**EXAMPLES.**

**Topic you want to Focus on: {BE AS SPECIFIC AS YOU CAN}** Losing weight, Being more motivated, Getting a new job, Building a better relationship.

**Positive Thoughts on this Topic:** **{THINK OF AS MANY POSITIVE ASPECTS AS POSSIBLE}** I have a healthy body, I am open to new ways of thinking, I want to improve this area of my life

**Negative Thoughts on this Topic: {GIVE UP ALL OF YOUR UGLY, YUKKY THOUGHTS ON THIS TOPIC – DON’T HOLD BACK}** I hate dieting, I never get anything done on time, I am scared of getting a new job

**Self Talk around this Topic: {WHAT ARE YOU TELLING YOURSELF ABOUT YOURSELF ON THIS TOPIC}** I am fat and disgusting, I am so lazy, I am a failure, No-one loves me

**Words, Stories, Feelings, Pictures Thoughts around this Topic: {DUMP ANTHING THAT IS SITTING IN YOUR HEAD ABOUT THIS TOPIC}** Sad, Angry, Scared, Not fair, Excited, Curious, draw pictures, use colours

When you are finished, congratulate and acknowledge yourself – that can be a very confronting exercise! You might be shocked at some of the things that came up, however this has been a very brave step towards making you the best version of you possible! Good on you!

Linda Fernandez

