

## Rewrite the Story: A 5-Day Thought Reframe Journal

A self-growth resource to help you manage anxiety by reshaping the way you think.  
Take 10 quiet minutes each day to reflect, reframe, and reconnect with your inner calm.

### How to Use This Journal

Each day, you'll be guided to:

1. Read an inspiring quote.
2. Identify one anxious or unhelpful thought.
3. Reframe it with a healthier, more supportive belief.
4. Reflect on how this shift feels in your body and mind.
5. End with a calming affirmation.

You don't need to force positivity—just practice gentleness and honesty with yourself.

### Day 1

Quote of the Day

*"Failure is part of growth, and the people who matter will support me."*

Your Anxious Thought:

(Write one that's been coming up for you.)

Healthier Reframe:

(How can you shift it to a more supportive belief?)

Reflection:

How did it feel to challenge this thought today?

Affirmation:

*"I give myself permission to grow at my own pace."*

### Day 2

Quote of the Day

*"I can't control everything, but I can adapt and handle challenges as they come."*

Your Anxious Thought:

(What's making you feel overwhelmed or tense?)

Healthier Reframe:

(What truth helps you feel grounded?)

Reflection:

What came up as you wrote your reframe?

Affirmation:

*"I trust myself to handle what comes."*

### Day 3

#### Quote of the Day

*"I am learning and improving every day—progress matters more than perfection."*

#### Your Anxious Thought:

(Where are you feeling "not good enough"?)

#### Healthier Reframe:

(What can you remind yourself in these moments?)

#### Reflection:

Did this reframe bring any shift in how you see yourself?

#### Affirmation:

*"I am enough as I am, and I'm still growing."*

### Day 4

#### Quote of the Day

*"Rest is necessary for my well-being and makes me more productive in the long run."*

#### Your Anxious Thought:

(Do you feel guilty when you rest or slow down?)

#### Healthier Reframe:

(What would it mean to honor your energy?)

#### Reflection:

What would self-compassion look like today?

#### Affirmation:

*"Rest is not laziness—it's a gift I give myself."*

### Day 5

#### Quote of the Day

*"I don't have evidence of danger; I choose to focus on what is in my control."*

#### Your Anxious Thought:

(Is there a fear or worry repeating in your mind?)

#### Healthier Reframe:

(How can you return to the present moment?)

#### Reflection:

How do you feel after writing this? Calmer? More grounded?

#### Affirmation:

*"I am safe in this moment. I can breathe and be."*

## Final Reflection

After 5 days, take a moment to pause and write:

- What have I learned about my thoughts?
  - What helped me feel more compassionate toward myself?
  - How can I keep using these reframes in daily life?
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Download this as a printable PDF or save it as a reflection tool on your phone or journal.

Have a question or want to share your reflections with me? I'd love to hear from you! Just send a message to:  
[info@andressamartinspsychotherapy.com](mailto:info@andressamartinspsychotherapy.com)

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