

Course: Mindset, Thoughts & Cognitive Flexibility

Worksheet 1: Understanding Thoughts & Mindset

Purpose: Build awareness of thoughts as mental events and begin noticing mindset patterns.

Welcome!

This worksheet is designed to help you reflect on how your thoughts influence your emotions, behaviour, and wellbeing.

Take your time with each section. There are no right or wrong answers—only insights to help you understand yourself better.

NOTE: This course is not a suitable replacement for counselling, therapy, coaching, or other professional mental health care.

Part 1: Noticing Your Thoughts

Think about a recent situation that triggered stress, frustration, or self-doubt.

- Situation:
- What thoughts showed up? (Write 3–5 if possible)

1.

2.

3.

4.

5.

Part 2: Thoughts vs Facts

For each thought, reflect on whether it is a **fact** or a **thought/opinion**.

Thought or Fact?	What makes me think this?

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)