

MY FACT FILE.

@MYTBRAIN

IF I HAD TO DESCRIBE MYSELF IN ONE SENTENCE IT WOULD BE:

WHAT THOUGHT PATTERNS BEST DESCRIBES ME RIGHT NOW

- | | |
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| ☐ ALL OR NOTHING | ☐ MIND READING |
| ☐ BLACK AND WHITE | ☐ CATASTROPHISING |
| ☐ FORTUNE TELLING | ☐ OVER GENERALISING |
| ☐ NEGATIVE FILTER | ☐ SHOULD STATEMENTS |

WHAT DO I KNOW HELPS ME WHEN I'M SAD OR IN DISTRESS?

MY INTERESTS

@MYTBRAIN

FILMS TO WATCH WHEN:

FEELING LOW-

MUSIC TO LISTEN TO WHEN:

FEELING LOW-

IF I HAD TO DO TWO SPORTS EVERY DAY FOR A YEAR I WOULD CHOOSE:

WHAT EXERCISE DO I DO WEEKLY:

WHO INSPIRES ME TO IMPROVE?

WHAT ARE MY CORE VALUES IN LIFE?