



# THE VIBRANT SAGE

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## Journal Prompts for Thought Loop Reflection

Use these prompts to dive deeper into your personal patterns and stories. Let them guide your self-discovery with compassion and curiosity.

- What is one thought you keep returning to, even though you know it's not true or helpful?
- How old were you when you first remember feeling this way?
- Who or what influenced that belief?
- How has this thought loop shaped your choices or relationships?
- What part of you is ready to let go of this belief?
- If you could speak to your younger self, what would you say to her?
- What new belief would you like to live by instead?
- What might shift in your life if you truly embraced that new belief?

## Thought Loop Companion Worksheet

Use this worksheet to gently work through one of your thought loops. This process is meant to help you bring awareness, understanding, and empowerment to your inner dialogue.

### 1. Notice the Loop

What is the thought that keeps repeating in your mind?

### 2. Where Did It Come From?

Can you identify where or who this belief came from (e.g., childhood, culture, relationships)?

### 3. How Does It Affect You?

How has this loop shaped your self-perception or actions?

#### **4. Thank and Release**

Write a short note of gratitude to this thought, and gently release it.

#### **5. Replace with a New Loop**

What new empowering thought would you like to hold in its place?

#### **Daily Affirmation Space**

Write your new loop or belief as a daily affirmation you can repeat:

