

My Hyper-Brood Worksheet

- 1. Name your hyper-brood** | What unhelpful thought are you currently focusing on?
- 2. Describe your thoughts** | Use this space to record your thoughts in more detail. Is the hyper-brood around a chore, memory, project, another person? Is there something you're attempting to solve?
- 3. Identify your trigger** | Notice what happened to cause this thought. Sometimes a trigger isn't entirely clear, but often it is dependent on your environment, mood, or a thought directly preceding the hyper-brood.
- 4. Intentionally move your thoughts elsewhere** | File this worksheet and use a fresh one to work through your next hyper-brood! Looking back on your answers can help you establish a pattern so you can better control your thought processes.

Pick a new activity for your brain!



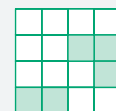
Go for a walk with music or a podcast

Read something that challenges your mind



Whip up a snack that takes a little thought

Open EndeavorOTC and complete a mission



Play a word or numbers game

A new activity that your brain loves

