

I'M LEARNING



FONDATION  
JEUNES  
EN TÊTE

HOW TO SORT  
THROUGH MY  
THOUGHTS



I GRAB HOLD OF MY THOUGHT

I TAKE THE TIME TO GIVE IT A NAME

I ACCEPT THAT IT'S THERE,  
I GIVE IT A PLACE INSIDE ME

I SORT IT APPROPRIATELY



### USEFUL THOUGHT

- Based on my senses
  - Here and now
- Possible solution

✓ I TAKE ACTION



### PARASITIC THOUGHT

- Based on a story that my head is telling me
  - Past/Future
  - No solution

✗ I REJECT IT