

## The Bento Coach | What If | June 2025

We often get caught up in absolute situations - "this is it". Try rephrasing it with a "What if...". Think of a situation or challenge that you'd like to tackle. Use this worksheet to list possible "What ifs?" in each of the columns. See the example below

**Tip for doodling:** Create a battery shape and label the positive and negative sides. On the negative side, write down your negative thoughts, and on the positive side, jot down positive thoughts. In the center, write "What if."