



# I'M NOTICING

## Struggling with negative thoughts?

We all experience negative thoughts sometimes. Instead of fighting them, let's learn to notice them. Here's a fun way to practice:

### 1. Listen to the "I'm Noticing" Song

Start by listening to the original ["I'm Noticing" song by GoZen! here](#). This song will help you understand how to simply observe your thoughts without getting caught up in them.

### 2. Write Your Thoughts

Use the included printable with cloud designs. Write the thoughts you notice floating by—just like clouds in the sky.

### 3. Read the Lyrics

Read the lyrics to the song included in this printable. They'll remind you that you don't have to give your thoughts power—you can simply notice them.

### 4. Create Your Own Song!

Now it's your turn! Write a song about noticing your thoughts, just like in the "I'm Noticing" song. Let your creativity flow and have fun with it!



# "I'm Noticing" by GoZen!

Sometimes my mind is running fast, spinning round and round  
A million thoughts are pulling me, trying to pull me down  
But I can take a step back, let the moment breathe  
It's not the end, it's just a thought that's trying to deceive

I don't have to believe it, I don't have to react  
I'm stronger than the fear, I can take my power back

I'm noticing, I'm noticing  
It's just a thought that's passing by  
I'm noticing, I'm noticing  
I don't have to give it all my time  
I can watch it float away, like clouds up in the sky  
I'm noticing, I'm noticing, I'm alright

I used to get lost in the noise, in all the "what ifs"  
But now I see it clearer, and I don't have to drift  
It's just a little whisper, a voice inside my head  
But I decide what I believe, not the things it said

I don't have to believe it, I don't have to react  
I'm stronger than the doubt, I'll always bounce back

I'm noticing, I'm noticing  
It's just a thought that's passing by  
I'm noticing, I'm noticing  
I don't have to give it all my time  
I can watch it float away, like clouds up in the sky  
I'm noticing, I'm noticing, I'm alright

Every day's a brand new page, and I can start again  
I'll keep my head above the waves, I'm learning how to swim  
I'm in control, I'm in control, and I'll be just fine  
No matter what comes my way, I'm not falling behind

I'm noticing, I'm noticing  
It's just a thought that's passing by  
I'm noticing, I'm noticing  
I don't have to give it all my time  
I can watch it float away, like clouds up in the sky  
I'm noticing, I'm noticing, I'm alright

Yeah, I'm noticing, I'm noticing, and I'm alright  
I'm alright, I'm alright, I'm alright

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