



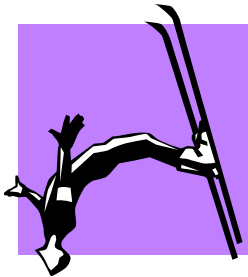
Positive Thinking Tools

Practice Positive Thinking

Practice positive thinking each day for two minutes. Choose two phrases from below or make up your own. Breathe in silently saying one phrase; breathe out saying a different one.

- I am good.**
- I am kind.**
- I am enough.**
- I am smart.**
- I am important.**
- I am worthy.**
- I learn from my challenges.**
- I am gentle with myself.**
- I am creative.**
- I am loved.**

Flip Your Negative Thoughts



When you notice negative thoughts, flip them around with these steps:

1. Take a deep breath.
2. Think to yourself “Stop. Relax.”
3. Say something positive like “I can handle this.” or “I am strong.”

Grow Your Gratitude

Feeling grateful is at the root of joy and positive thinking. Each night before you go to sleep, think of three things you are grateful for. Challenge yourself to make one of these things something new that happened today.

What are you grateful for today?

- 1.
- 2.
- 3.

