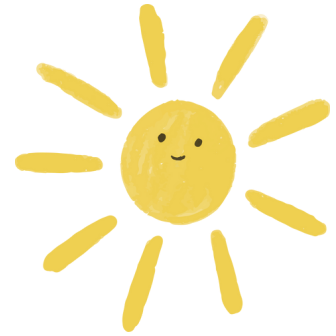


Thinking More Positively

Everyone has days where they don't feel very confident and their heads are filled with worries and negative thoughts.

Regularly saying positive things about ourselves, and reminding ourselves what we have to be grateful for, can help to make us feel more confident and make our thinking patterns more positive. For example,



1. I am... funny
2. I am... good at gymnastics
3. I am... getting better at not worrying
4. I am... grateful for my family
5. I am... a good friend



Try it yourself!

Write down five positive things starting with 'I am'. These can be positive things about yourself, things you are good at, things you are looking forward to, things you are grateful for, or anything positive



1. I am.....
2. I am.....
3. I am.....
4. I am.....
5. I am.....

Getting into the habit of writing down 'I am' sentences every day will help you think more positively and feel more confident .