

THINK POSITIVE

Develop an "I CAN DO IT" attitude

Materials: Worksheets, pencils, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Most of us have negative thoughts.

We think things like, "I don't know how to do that." Or, "I'm too shy." Or, "I'm not good enough." Do these negative thoughts sound familiar?

When we want to try something new, we often assume we can't do it. Instead, we should give ourselves credit and say, "I CAN DO IT!"

It's important to not let negative thoughts get in your way, or you may never try anything new. No one is an expert at everything. But we can still try new things to see what we are good at doing.

Thinking positive takes practice. When negative thoughts enter our minds, we need to be ready to stop them. How? By using positive thought statements to overcome the negativity and motivate us to try new things. Examples of positive thought statements are, "I'm worth it" and "I can figure this out."

ACTIVITY INSTRUCTIONS

- 1 On your worksheet, write down five to 10 positive thought statements.
- 2 You will have 5 minutes.
- 3 (Set the timer for 5 minutes)
- 4 Now, let's practice saying our positive thought statements aloud. Find a partner and share at least two of your positive thought statements.

When you get home, start memorizing your positive thought statements. That way, when those negative thoughts creep inside your head, you'll be ready to say, "GET OUT OF HERE!"

POSITIVE THOUGHT STATEMENTS

