



Identifying Negative Thought Patterns




When negative thoughts flood your mind, one strategy is to replace them with positive thoughts.

THREE POSITIVE THOUGHTS ABOUT YOURSELF

	_____
	_____
	_____




Sometimes when we experience failure, it generates thoughts of failure in all aspects of our life.

THREE THINGS IN YOUR LIFE THAT MAKE YOU FEEL SUCCESSFUL

	_____
	_____
	_____

When faced with a challenging situation that leaves you feeling defeated.

THREE SELF CARE ACTIVITIES

	_____
	_____
	_____