

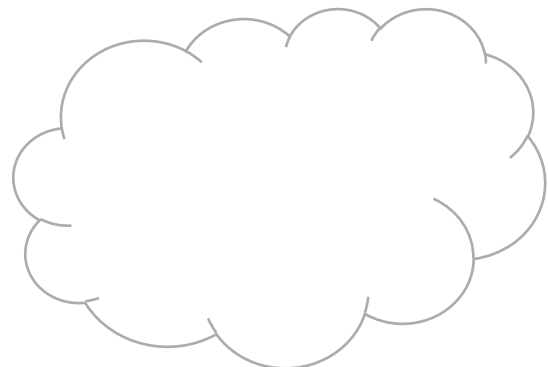
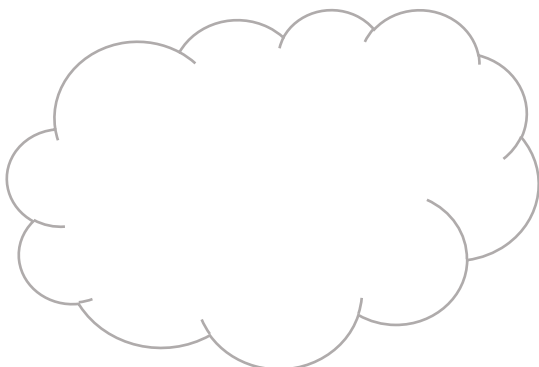
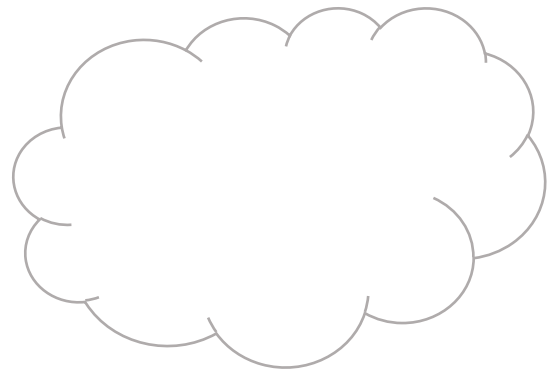
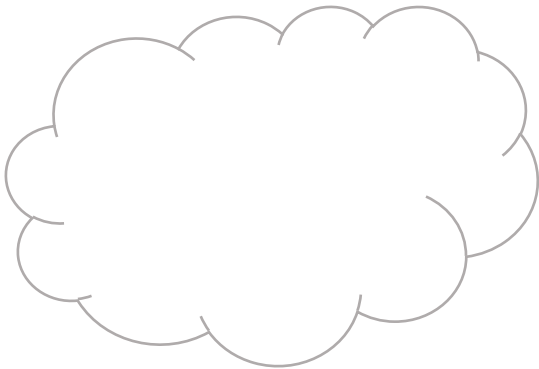


How do you stay positive?

In the PowerPoint you learned about the value of focusing on your strengths and accomplishments and using positive self-talk.

How else do you stay positive?

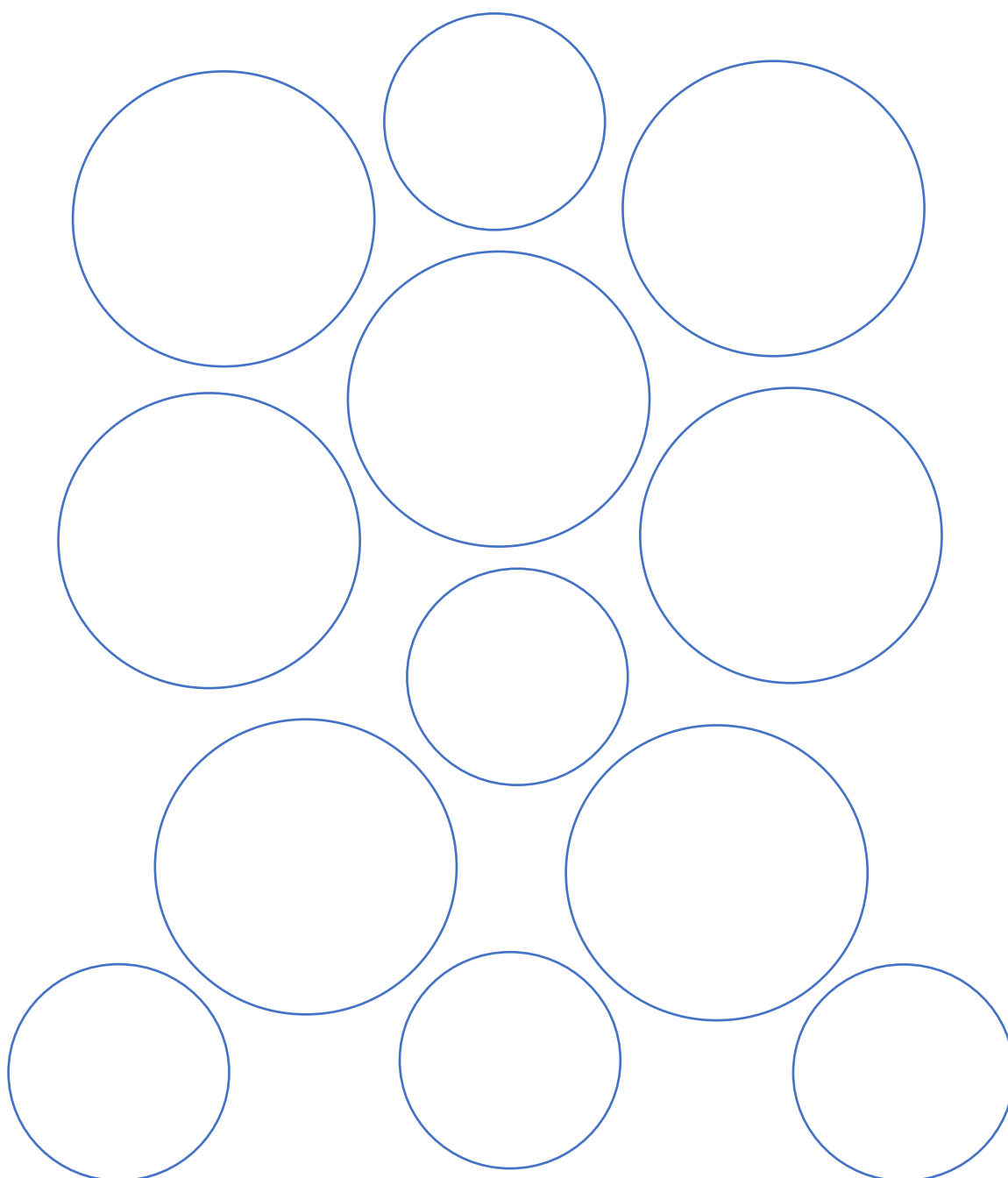
Write your ideas down in the thought bubbles:



Here are some more worksheets if you want to keep practicing focusing on your strengths and accomplishments.

My Strengths and qualities:

In each of the bubbles below, make a note of your strengths and qualities. For example, things you are good at, challenges you have overcome and even times you have helped others or made them happy!

A collection of 12 empty circles of various sizes arranged in a cluster, intended for writing strengths and qualities. The circles are arranged in a roughly circular pattern with some overlapping. There are 12 circles in total, with sizes ranging from small to large.

Accomplishment Jar

Think carefully about things you have achieved and write or draw them in the jar below.
You can ask yourself:

What is one thing that I have accomplished today? How do I feel about it, and why?

