

Think Positive!!!

- Most people talk to themselves in their heads. This is called self-talk.
- Lots of people have one or more self-mottos - things which they repeat to themselves in their heads.

Some suggestions are:

"I'm great at maths and I'm very funny"

"My teacher thinks I'm really clever and I am"

"I'm like this and I'm proud of it"

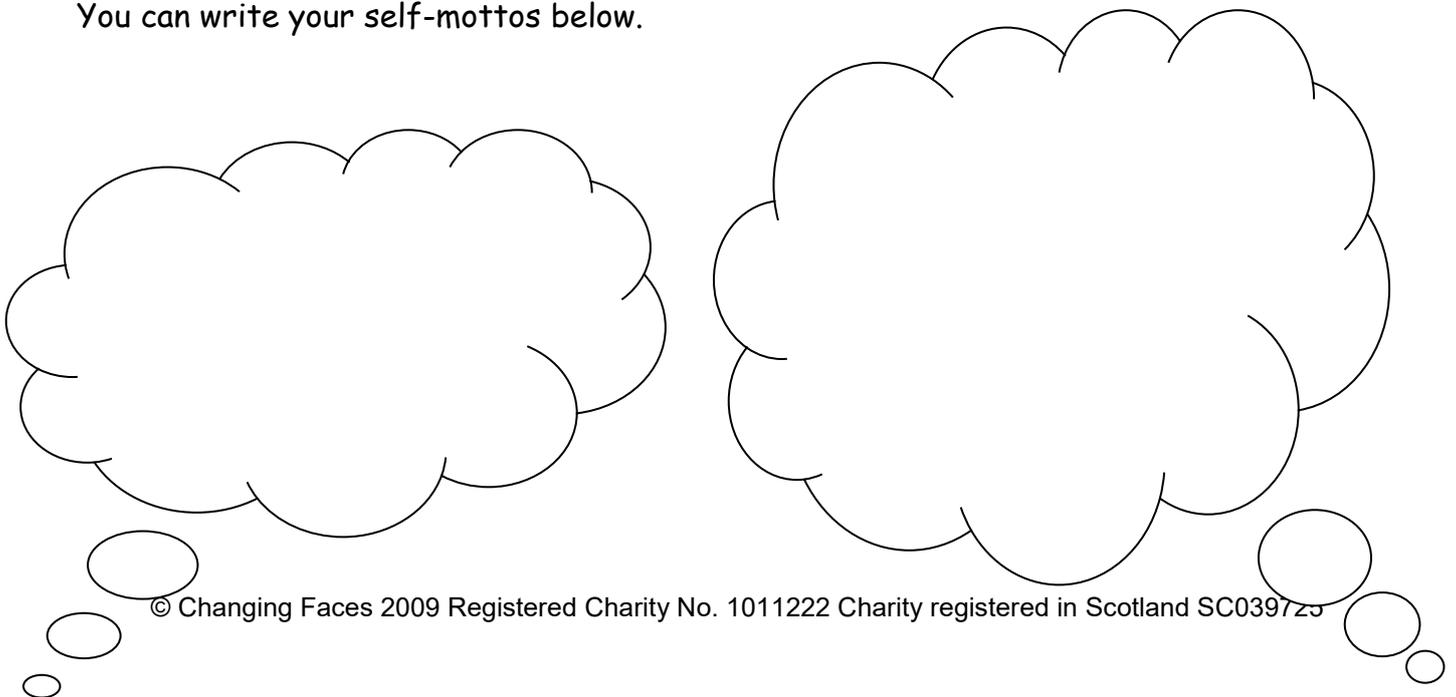
"If you knew me you'd really like me"

"I'm brave, confident and original"

The aim is to find one or two short sentences which you can keep saying to yourself. Self-mottos must be positive, you want to make yourself feel good!

Try to think up two self mottos for yourself. On the next page is a list of positive words to help you out.

You can write your self-mottos below.



Top Tip: People normally keep their self-mottos a secret. After this lesson, if you do decide to share your secret think carefully about who you tell! It might be better to tell your family, than tell a group of people at school.

Some positive words to help you out!

happy
determined
helpful
extraordinary
delightful
imaginative
cheerful
inventive
unique
dependable
remarkable
confident
funny
lovely
entertaining
helpful
sympathetic
humorous
gentle
fascinating
brilliant

sensible
relaxed
loyal
good mannered
truthful
gorgeous
practical
brave
athletic
healthy
creative
approachable
even-tempered
nice
fun
bold
fantastic
bright
chatty
wonderful
impressive

playful
intelligent
original
powerful
fabulous
gracious
goodhearted
consistent
dedicated
amazing
calm
good
studious
confident
brainy
excellent
caring
thoughtful
affectionate
sociable
daring

independent
artistic
genuine
easy-going
good-natured
awesome
energetic
generous
hilarious
respectful
considerate
likeable
attractive
lively
encouraging
speedy
enthusiastic
strong
active
tidy
friendly

