RESTA

Thinking Positively

Sometimes it can be difficult to turn off the automatic negative thoughts in our head. Thinking about positive statements can help to shift our mindset. Complete the statements below but make sure they are written in a positive way.

Sometimes it can be hard to get up an go in the morning
but_____
_____
_____
_____
_____

I know I will do well with my studies because
_____
_____
_____
_____
_____

I'll succeed because
_____
_____
_____
_____
_____

No matters what happens in my life I
_____
_____
_____
_____
_____

I may not always be the best but
_____
_____
_____
_____
_____