Kindness: The Power of Positive Thinking

Be Kind to Yourself

Change your words
Change your mindset

I give up …. I will try this and use my basic knowledge

I messed up …. Mistakes are ok. I can learn from this

I'm not as good as they are at this …. I will watch others and see if that method works for me

This will never get better…. I will tell myself to think positively, things will improve over time

Remember: Positive thinking can help when we are confused, frustrated and overwhelmed. Remind yourself that you may need a small break, don't give up, mistakes happen (I'm human), I can figure this out and things will improve over time.

Modified from, Mindset Matters: Lisa King Ed.S, LPC