

HOW TO TURN AROUND NEGATIVE THINKING

QUESTIONS TO ASK YOURSELF WHEN A NEGATIVE THOUGHT HITS YOU

1. **Did this thought pop out of nowhere? Is it based on an anxious thought?**
2. **Do I believe it? Is it actually true?**
3. **If it is true, can I do anything about it? Will someone be hurt if I don't act on it?**
4. **Is it based on an assumption of some sort that I am making? Am I assuming the worst?**
5. **If I step away from the situation for a little while, will it ease my nerves?**
6. **What have I learned from this belief? Has it been useful? Next time it comes up will I know how to react to it?**

TAKE A BREATH, REFLECT AND LET GO

IMPROVE YOUR LIFE WITH THESE GREAT TURNS OF PHRASES

WORDS MATTER. HOW YOU SAY THINGS IS IMPORTANT. CHANGE THE WAY YOU THINK BY CHANGING THE WAY YOU SPEAK. CHANGE NEGATIVE THOUGHTS TO POSITIVE ONES. SPEAK MORE POSITIVELY. IMPORTANT TURNS OF PHRASES FOR LIFE. AFFIRMATIONS FOR BETTER LIFE.

Instead of:

I'm broke and can't afford it.

Nothing is happening the way I want it to.

I don't like the way I look.

I hate my work.

I can't do anything right.

I am so stressed.

I am always tired.

I never have enough time.



Say this:

I choose to save my money.

I trust in the timing of my life

I love me. I love my features & appreciate my body for what it does for me.

I find joy in my daily work and am grateful for the opportunities it presents me.

I trust in my abilities to succeed.

Everything works in my favour with ease and grace.

I am energetic and grateful for my life.

I have all the time I need to accomplish everything that's important to me.

Positive Affirmations

FOR KIDS

01. I can do hard things.
02. I am Loved.
03. I am Important.
04. I am kind to myself and others.
05. I believe in myself.
06. I am beautiful inside and out.
07. I do not give up.
08. I love myself as I am.

