

Rethink it: Stay Positive



Ever feel like nothing's going your way or that you can't do anything right? We all feel this way sometimes. Try these tips to get yourself feeling positive again!

Rethink It!

1. Think about what or who is getting you down. What about the situation or person do you think is negative?
2. Come up with how the negative could also be seen as a positive.

For example:

Negative



This is too hard!

.....
I can't go to the party tomorrow night.

Positive



This is a chance to show what I know.

.....
I can go to the party next weekend.

3. Write down a positive statement about the situation or person.

