 

**Week 3:**

**Positive attitudes**

**How do you stay positive?**

**In the PowerPoint you learned about the value of focusing on your strengths and accomplishments and using positive self-talk.**

**How else do you stay positive?**

**Write your ideas down in the thought bubbles:**

**Here are some more worksheets if you want to keep practicing focusing on your strengths and accomplishments.**

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| **My Strengths and qualities:**  In each of the bubbles below, make a note of your strengths and qualities. For example, things you are good at, challenges you have overcome and even times you have helped others or made them happy! |
| **Accomplishment Jar**  Think carefully about things you have achieved and write or draw them in the jar below. You can ask yourself*:*  *What is one thing that I have accomplished today? How do I feel about it, and why?* |