



REFRAMING MY THOUGHTS EXERCISE

OUR THOUGHTS SHAPE OUR BEHAVIOR, MAKING IT CRUCIAL TO CULTIVATE POSITIVE THINKING. AIM TO TRANSFORM NEGATIVE THOUGHTS INTO MORE POSITIVE AND CONSTRUCTIVE ONES!

INSTEAD OF...

TRY...

What if I make a mistake...



It is okay to make mistakes. This is how I learn...

I am a failure...



I don't need to be perfect at everything, let me try at least...

I will never get it right...



I am learning and growing...

