

brave



where you are

Positivity has Power



The glass is half full! Being positive, even in really junky situations can change a lot of things. Even if the biggest change is in ourselves.

Write in the water things that you can be positive about. What is going on that is really good, or maybe things that you can choose to look at in a positive light?



Write a list of situations where external situations stay the same, but it would be different if you were different. What are situations where you could increase your positive attitude and lighten the load a little bit?



Attitude is

EVERYTHING



Every day is a new day. Every day is a fresh start. Every day is a chance to live better or differently than we did the day before. If you could change anything from yesterday (things that are in your power to change - not what someone else did, or the weather or things like that) what would it be?

Make a list of things you did, or thoughts you had, or ways you responded to others yesterday that you would change if you could live tomorrow over again. Once you have the list of things you want to do over, scratch them out and write what you could have done differently, then plan to do that next time you're in this situation.



Things I've done

Things I'd do differently

There is a quote that says, “You can be mad in your pants, or you can be glad in your pants; but either way, you have to be in your pants.” Sometimes the only thing we can change in a situation is our attitude; that even stands when the situation is really stinky.



Think about situations you have been in, are in now, or might be in the future that aren't that great. Write a few stories (past, present, and future) and a make believe response for how you can be glad, even if your situation sucks.

A series of 18 horizontal dashed lines spanning the width of the page, providing a template for handwriting practice.