

positive

This worksheet is a guide to promote discussion and thought about being positive using Think-Feel-Be resources

“Whether you think you can or can’t you are probably right” Henry Ford

This quote by Henry Ford, who started the Ford motor-company, shows the importance of being positive in all aspects of life. Every person faces challenges at some time or another and thinking positively will help your mood to stay positive, which will help you to stay happy.

Find 3 quotes or think of something 3 people say that might help you to stay positive.

Write down 3 phrases or words that you could think regularly to help you stay positive.

Write down a time when you were positive and it helped you.

Interview 3 people about how they stay positive.

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Write down 5 reasons why it is helpful to be positive and optimistic and look on the bright side of things.

Choose 2 words from the Think-Feel-Be positive poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

be™

feel

think