

# POSITIVE MINDSET



## TRUE OR FALSE

1. WE CAN HAVE BOTH NEGATIVE AND POSITIVE THOUGHTS.

2. NAME THREE CHALLENGES YOU MAY FACE AT SCHOOL:



3. LIST TWO THINGS YOU CAN NOW DO COMPARED TO WHEN YOU WERE A BABY:



4. CAN IT TAKE A LONG TIME TO GET GOOD AT SOMETHING?

5. DRAW ONE THING YOU ARE GOOD AT AND ONE THING YOU WOULD LIKE TO GET BETTER AT:

