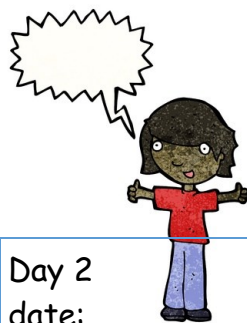


# My 'think positive thoughts' sheet



Put this sheet beside your bed and each night when you go to bed, fill it in and THINK POSITIVE THOUGHTS about yourself and your day!

Name:	Day 1 date:	Day 2 date:	Day 3 date:	Day 4 date:
Write 1 thing that made you laugh today:				
Write 1 thing you did today that shows you care about your education:				
Write 1 good thing that you like about yourself:				

If you like doing this, you can answer some of the extra questions below. You don't need to write them down. You might like to ask a parent to chat with you about them—or ask them to have a go too!

- List a time today you put yourself in someone else's shoes and thought what it would be like to be them.
- List one thing you did for someone else today to help them out.
- List one thing you did today, just to relax.
- Did you manage your anger today?
- List one person you are thankful for.
- List one thing you are thankful for.
- Did you give someone a compliment today?
- Think of a situation today where you had a positive attitude.

