

The Power of OPTIMISM

POSITIVE THINKING

Can you think of an example of when you had a negative thought that created unpleasant feelings and then a negative behaviour?

WHAT WAS THE SITUATION?

HOW DID YOUR
ACTIONS REINFORCE
THIS CYCLE?

WHAT YOU THOUGHT

HOW YOU BEHAVED

HOW YOU FELT

Can you see how the consequence of your negative thoughts and feelings, led to a behaviour that reinforces your initial thoughts about the situation? And how this becomes a negative cycle, unless you change your thoughts?

So, now try to transform your example using your POWER OF OPTIMISM. When you change the way you think about a situation it changes your feelings and your actions.

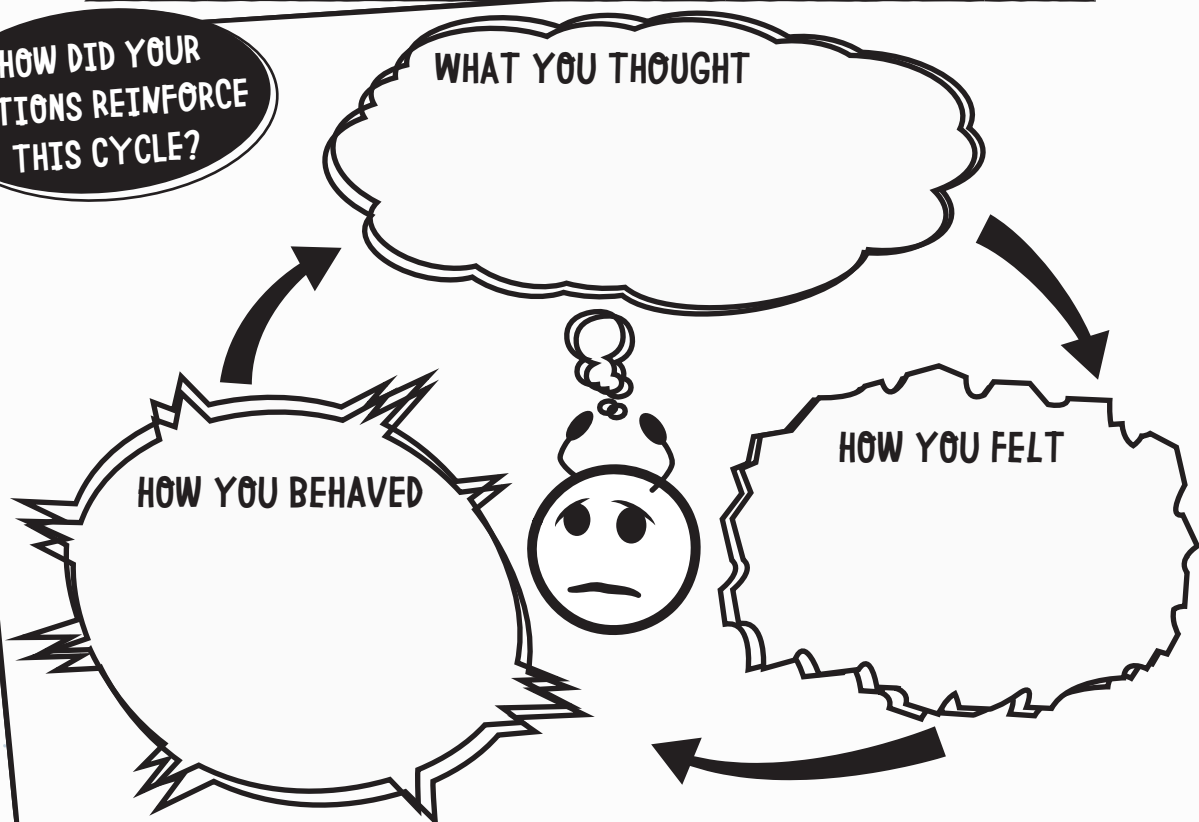
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