Shift Your Thinking

From "I should" To "I'll try!"

Goal: Transform negative self-talk by setting positive goals for yourself.

[Tip]: Instead of thinking, "I am bad at this," think, "I am practicing and getting better everyday."

Why is this important? Setting goals in writing or in your mind helps create purpose and intention in your thinking as you work toward what you feel is important.

Looking for more information? Check out our Affirmations resource on our website!

References: Conversano, C., Rotondo, A., Lensi, E., Della Vista, O., Arpone, F., & Reda, M. A. (2010). Optimism and its impact on mental and physical well-being. Clinical practice and epidemiology in mental health : CP & EMH, 6, 25–29.