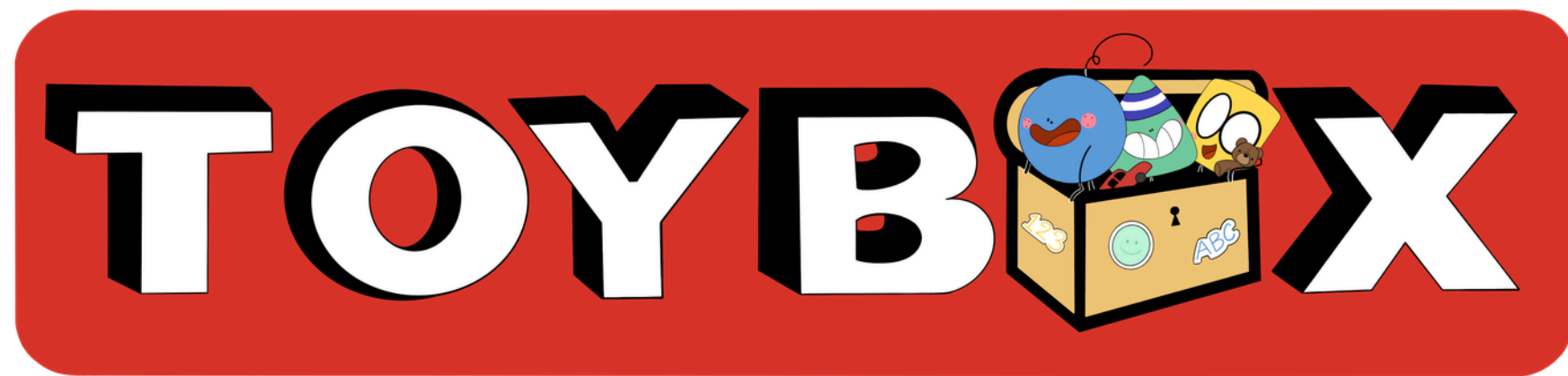




Shift Your Thinking

From “I Should” to “I’ll Try!”

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

[Tip]: Instead of thinking, “We should spend more time outside,” think, “We will try to spend more time outside today.”

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.

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.
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