

## WORKING ON YOUR THOUGHTS

Listen to the little voice inside you and try to change your negative thoughts by focusing instead on your successes and on the practical things you can do to deal with the situation in a positive way.



**I CAN control...**



- WHAT I SAY
- MY DECISIONS
- WHAT I LOOK AT
- MY EFFORT AND PERSEVERANCE
- THE LITTLE VOICE INSIDE ME
- MY BREATHING
- MY BEHAVIOUR
- WHAT I DECIDE TO DO
- THE ABILITY TO ACCEPT AND SET MY BOUNDARIES
- WHAT I LEARN FROM THE SITUATIONS THAT I EXPERIENCE
- WHO I WANT TO HAVE RELATIONSHIPS WITH
- HOW I PLAN MY TIME
- REMEMBERING MY WINS AND THE CHOICES I MAKE

