

Making Positive Statements

It's sometimes hard to sing our own praises but it's really important to recognise the good things about ourselves.

In this activity you are asked to make 4 positive statements about yourself. Use the box on the left for ideas but make sure that at least one statement comes straight from you.

| | |
|--------------|---------------|
| Organized | Creative |
| Neat | Relaxed |
| Reliable | Calm |
| Easy-going | Co-operative |
| Honest | Flexible |
| Friendly | Polite |
| Loyal | Independent |
| Energetic | Thoughtful |
| Hard-working | Self-directed |
| Responsible | Good listener |
| Lively | Helpful |
| Kind | Warm |
| Adaptable | Reflective |

Positive statement 1

I am

Positive statement 3

I am

Positive statement 2

I am

Positive statement 4

I am
