

Positive Thinking

- **Acceptance** Identify and accept your strengths and weaknesses. Everybody has them.
- **Encouragement** Set a reasonable timetable for personal goals and offer yourself encouragement along the way.
- **Praise** Take pride in your achievements. Remember your experiences are your's alone. Enjoy them.
- **Time** Take time out regularly to be alone with your thoughts and feelings. Get involved in activities you enjoy. Learn to enjoy your own company.
- **Trust** Pay attention to your thoughts and feelings. Act on what you think is right. Do what makes you happy and fulfilled.
- **Respect** Don't try to be someone else. Be proud of who you are. Explore and appreciate your special talents. Take care of your body, your mind, your spirit.
- **Love** Learn to love the unique person you are. Accept and learn from your mistakes. Don't overreact when you have done wrong.
- **Laugh** Learn to laugh. Laughter is the best medicine. Smile and pass it on, a smile is contagious.
- **Learn** Learn from your mistakes. Everybody makes them, this is how we learn. Don't let past failures hold you back.
- **Maintain** Maintain self-confidence, believe you can do anything.