Session 4

MINDSET IS EVERYTHING
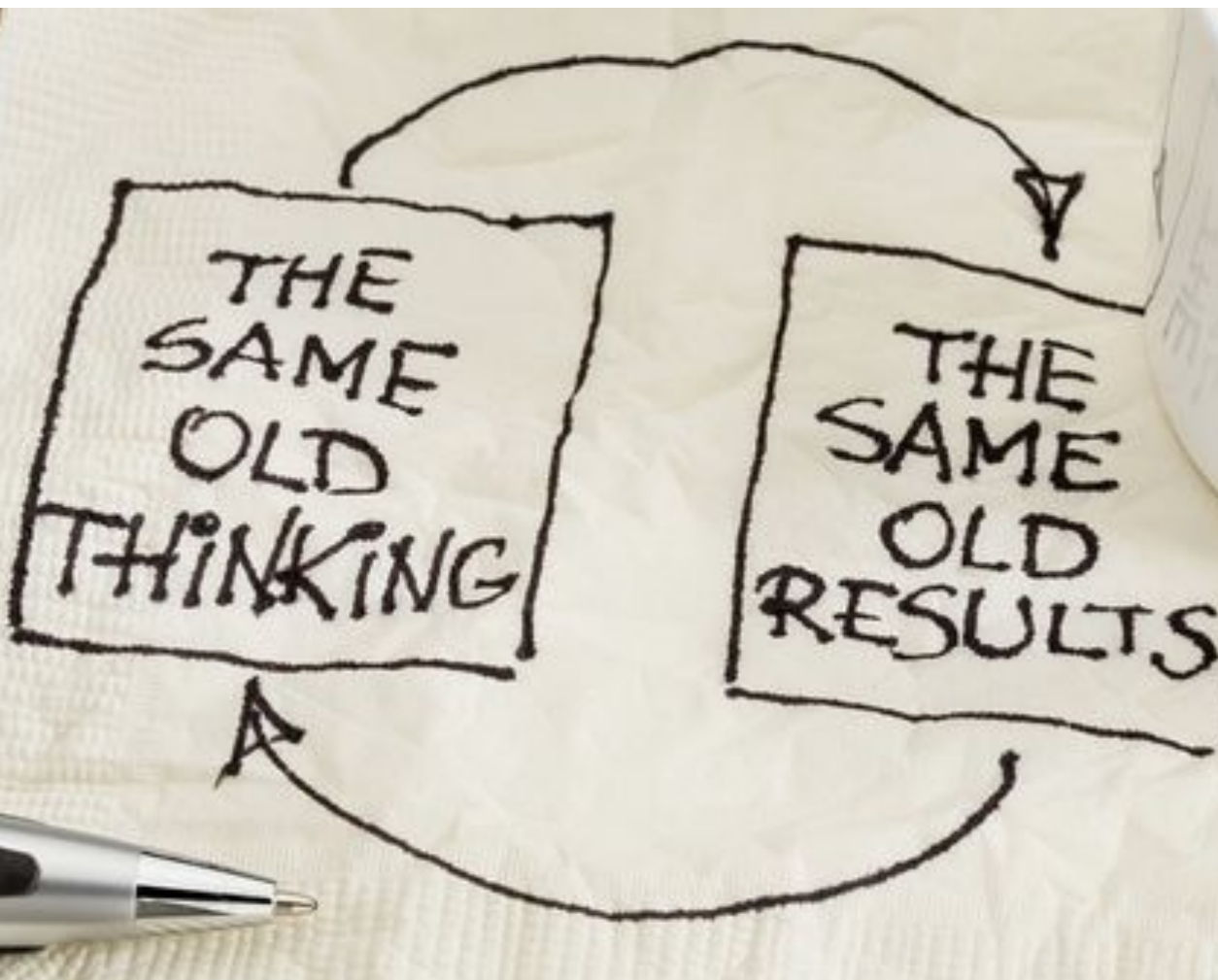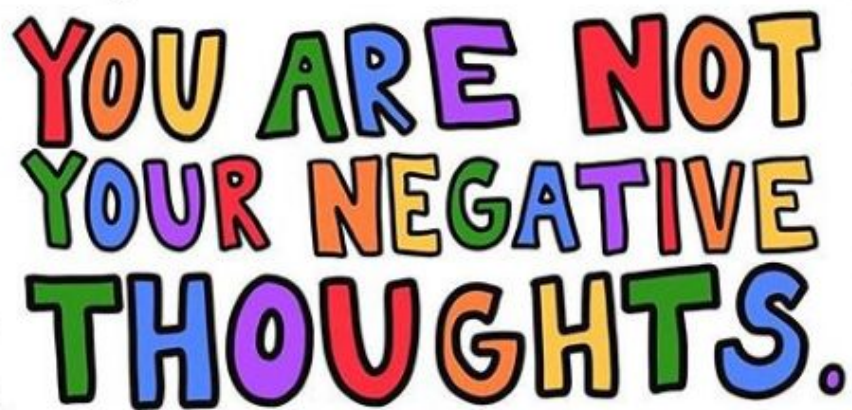
Jill Koenig

NO AMOUNT
OF HARD WORK
CAN OVERCOME
A NEGATIVE
MINDSET

Negative thoughts are part of the human mindset and they can cause you to feel sad, demotivated and frustrated.

It is okay to feel negative sometimes, but if it becomes a habit, these thoughts will begin to have a long-term negative impact on your mental health and emotional wellbeing.

Keeping a positive mindset all the time isn't easy, but it is possible to challenge yourself on how you think about things.
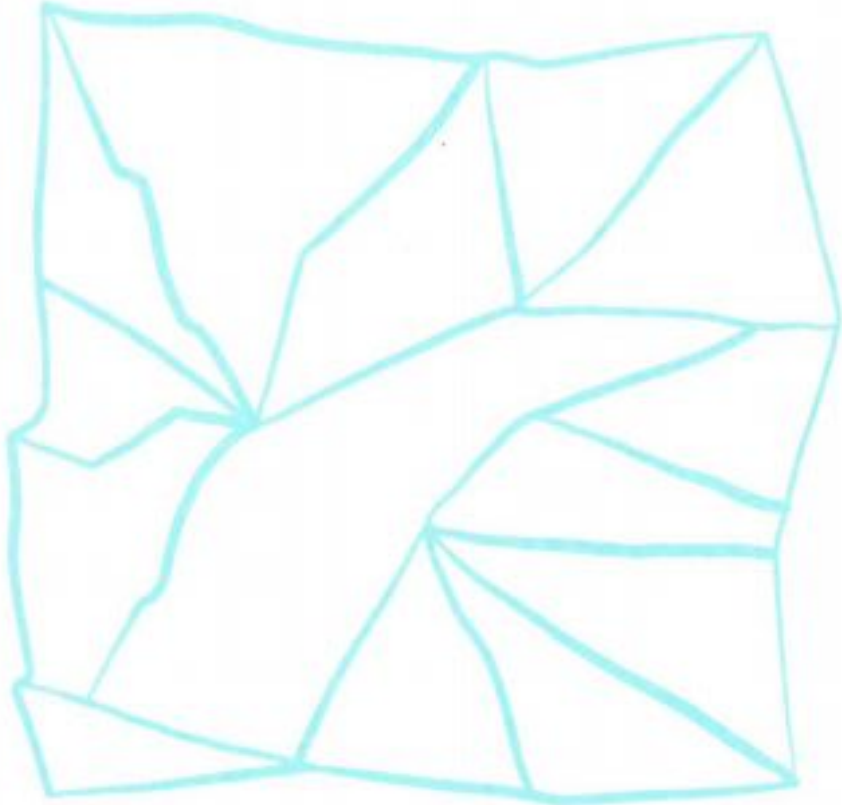
CHALLENGE NEGATIVE THINKING

Everyone thinks about themselves in different ways, both good and bad. It's important to be aware of how you see yourself so that you can challenge your negative thinking.

Write down your thoughts in bubbles or as a list. Can you recognise the good from the bad? Do you know why you think this?
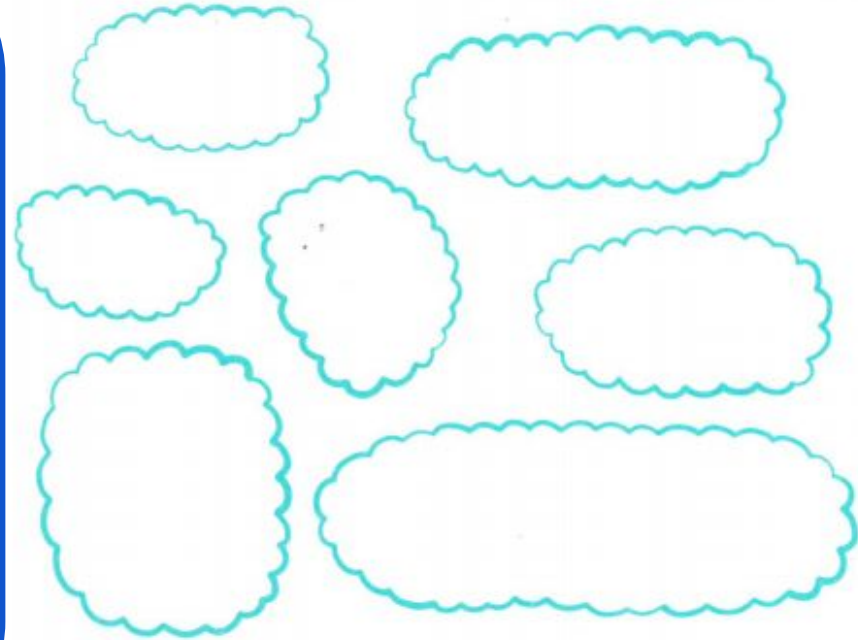
THROW NEGATIVE THOUGHTS AWAY

Take a piece of paper.

Write down all your negative thoughts on the paper.

Scribble over all of them.

Scrunch it up and throw it in the bin! Physically getting rid of our thoughts can make you feel better.

CHALLENGE

When a negative thought enters your mind, **think 3 positive ones.** Train yourself to **flip the script.**