

The Positive Mindset Reset



Self Talk

What is your self talk?
What are you thinking?
Is it positive or negative?



Imagination

What are you expecting?
What are you imagining?
Is it positive or negative?



Emotions

What are you feeling?
How are you feeling it in your body?
Is it positive or negative?



Behaviours

How are you behaving?
How are you thinking of behaving?
Is it positive or negative?

Instructions:

Your thoughts influence your imagination, which affects your feelings and behaviours. If we are thinking positively and expecting positive outcomes, we feel and act more confidently and positively.

1. Notice your thoughts and words this week, and pay attention to what you are expecting and imagining.
2. If negative, change it to a positive and notice if it positively influences your mood and behaviours.
3. Practice this with your children and family by bringing attention to the self-talk and expectations and working through the above questions and steps.
4. Enjoy the **mindset reset!**

